

Leo Sargent receives COTA Award



U3A Nunawading stalwart Leo Sargent has had his contribution to the Seniors community recognised in the 2016 Victorian Seniors Awards. The Awards celebrate women and men aged 60 and over who generously contribute their time, skills and support to our State. They not only recognise the achievements of our Seniors but also the inspiration they provide to others to make their own contribution.

The Minister for Housing, Disability and Ageing, Martin Foley MP, presented Leo with his Council on the Ageing (COTA) Award at Government House on 4 October. (Pictured above).

Leo joined U3A Nunawading in 2001, shortly after retiring from paid employment, and has volunteered, on average, 30 hours a week for the past 15 years to support the organisation's

operations. Over that time he has held a number of Office Bearer positions, including:

Committee of Management Member from 2001 to the present, **Secretary** - 2003, 2004, 2005 and 2006, **President** - 2008, 2009, 2010 and 2011 and **Vice President** for two years 2012, 2013 to support his successor as President.

His contribution has ranged from leading the organisation to essential day-to-day tasks such as setting up rooms for classes, transporting equipment, supervising volunteer office staff, banking, etc – the list is endless.

As an ever-expanding organisation in constant need of additional accommodation, the membership of U3A Nunawading has benefited from Leo's close working relationships with Councillors and Officers of the City of Whitehorse to gain their support for our activities. Leo has also been actively involved in co-ordinating grant applications to all levels of government.

For seven years, Leo carried out the role of Office Manager at U3A Nunawading and continues to be on duty three days a week assisting members with enrolment inquiries and managing office functions.

Leo was Secretary of the U3A Eastern Metropolitan Region from 2000 – 2014.

This is an umbrella organisation of all U3As in the Eastern suburbs of Melbourne including up into the Dandenong Ranges.

For the past five years, Leo has been Chairman of the Tenants Management Group and Vice President for the previous three years of the City of Whitehorse Forest Hill Resource Centre, which is where U3A Nunawading has its Computer Learning Centre.

Leo has supported the work of the Knitting for Vulnerable Children of the World project for the past 10 years by helping to manage the collection of knitted items for distribution overseas.

Leo is always positive and supportive of any activities U3A undertakes and his level of commitment and positive attitude have been a driving force within the organisation for many years. He is very well respected and liked by all members and the scores of Office Volunteers who work on the Front Desk each year particularly appreciate his support.

On behalf of the Committee of Management and the members of U3A Nunawading, I wholeheartedly congratulate Leo on his very well-deserved COTA Award.

Valerie Donlon
President

**Important 2017 Re-enrolment
Information on page 7.**

For Term 1, 2017 Computer Courses see pages 12-15.

Message from the President



Members of the 2016/2017 U3A Nunawading Committee of Management (standing L – R) Noela Winter, Leo Sargent, Paulina Chong, Andrew Lockwood, Frank Baseden and Lindsay Glen, (seated L – R) Barbara Gardiner, Colleen Skinner, Valerie Donlon, Lorraine Sterling and Barbara Worcester. Absent – Elsie Mutton, Elaine Forde and Liz Hooper.

Your Committee of Management is very busy at the moment preparing for our annual re-enrolment and other end-of-year activities. Committee members and office bearers are identified by their badges, so please feel free to go up to them at any time and chat. Remember, they are working on your behalf to keep our U3A the vibrant and welcoming organisation that it is today. On that point, I would like to pass on a comment I often hear from members of other U3As, and that is that we are so lucky to have such a warm and friendly atmosphere here at Nunawading. I think it is something we all cherish and make every effort to contribute to, but may not always fully appreciate.

RE-ENROLLING FOR NEXT YEAR

Enrollments open on **Monday 21 November**, but you will be able to see the 2017 Courses online from Monday 14 November so you will have plenty of time to think about what you would like to enroll in. Printed Course Guides will also be available at the Front Office from that date.

If you would like to enroll online to avoid the queues at Silver Grove but are not quite sure how to, we are holding training sessions on Fridays 11 and 18 November. Please leave your name with the Front Desk if you would like to attend one of these sessions. There is also plenty of information in this newsletter on how to enroll on page 7.

Fees

As advised in the September newsletter, our Membership fee for 2017 will remain unchanged at \$70. The Computer facility fee also remains at \$20 as does the Summer School fee of \$10 to attend as many Summer School courses as you wish. Only the excursions and some workshops attract additional fees. All fees can be paid online or at the Silver Grove office.

Volunteering at U3A

It is very easy for you to offer to help with one or more of the many jobs it takes to keep U3A Nunawading operating so efficiently. At the beginning of the Course Guide and the list of Courses online, there are a number of Volunteer roles listed. Simply tick any you are interested in and we will be in touch early in the new year.

Games, Music & Movement

Congratulations to Paulina Chong for organizing another very well planned event for the members of U3A, which was also open to members of our local community as part of the Seniors Week festivities within the City of Whitehorse.

As you will see from the many pictures in this newsletter taken over the three days, participants had lots of fun in the relaxed atmosphere, which typifies such events.

Thanks to Paulina and all of the Leaders

who participated in this Seniors Week event at Nunawading for providing the opportunity to members and others to try out new activities.

U3A at Community Events

U3A Nunawading was again an active participant in the launch of Seniors Week at Federation Square on Sunday 2 October with a presence in one of the combined U3A marquees and with our Line Dancing and Zumba demonstrations.

We were also well represented two weeks later at the City of Whitehorse Spring Festival. Thanks to Jan Felstead for co-ordinating our involvement in both activities and to Brian Nicholson for taking over responsibility for the Spring Festival on the day itself when Jan was overseas.

Thanks also to all U3A Nunawading members who took part in demonstrations or performances or volunteered in our marquees at these events for showing the broader community the benefits of staying active and engaged in retirement.

Class Leaders

Without the generous commitment of members who volunteer to take the time to prepare for and run their classes each week, we would not have such a wide and varied program of courses to offer you.

These members are the heroes of our

Message from the President *(Cont)*

organisation, many of whom have been leading classes for years and years. As you will see in the Course Administrator's Report a number of our Class Leaders are leaving us at the end of this year and on behalf of our members, I thank them for all of the hours of learning and enjoyment they have given us.

Melbourne Cup

I expect this newsletter will go to press just prior to Cup Day but I know we are in for another fun-filled day in the Seniors Hall as we watch the races and have a little flutter in the sweeps. Ross Peacock and Elsie Mutton, together with Graham Haynes and Bev Clarke and her team from the Social Committee will again provide

almost everything we need to feel part of the Spring Racing Carnival – we just need to dig out last year's hat and add another little something to brighten it up.

Newsletter Editor

David Cullen advised members in the September newsletter, he was handing over the baton as Editor. I am pleased, therefore, to advise that Liz Hooper, a new member of our Committee of Management and also a new Class Leader, has kindly agreed to take over the position.

On behalf of everyone at U3A Nunawading, many thanks to David for his work on the newsletter over the past year and to Pauline Cullen for her proof-reading skills.

Finally

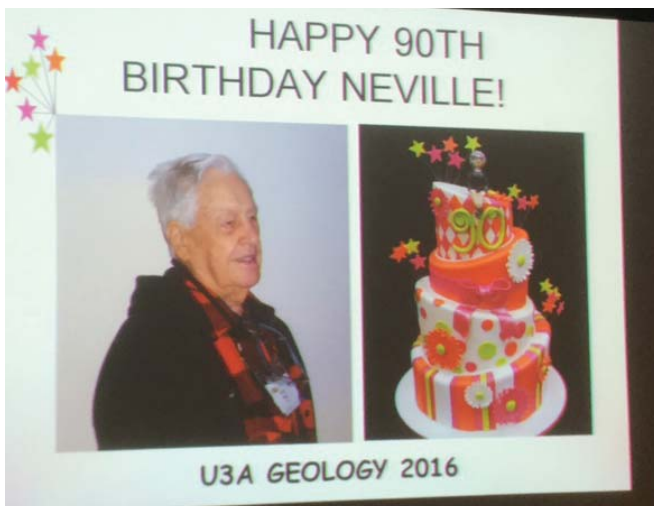
Thank you to the members of the Committee of Management for your contribution and support over the past year and to all of our other wonderful volunteers, thanks for helping make U3A Nunawading such a wonderful organisation.

To all of our members, I hope you have enjoyed your participation in classes and social activities this year. Enjoy the holiday break and I look forward to seeing you back at U3A for another great year of friendship and learning.

Live, Learn & Enjoy with U3A Nunawading

Valerie Donlon
President

Neville Hatten's 90th Birthday Celebration



Following is an edited version of the speech Neville Hatten gave to his Geology class at the celebration of his 90th birthday.

Thank you for this gesture to note my final 'metamorphosis' (geologically that means change), into a different level or strata which I have named the Nonogeriatric-archean era. It has nine levels and is a strata wherein I will meet up with a 'discontinuity' which will then be followed by a sort of 'subduction' (with no associated volcanics). Nonogeriatric-archaen has another connotation meaning a transformation into what might be described as a 'second childhood', which I would welcome because it may enable me to correct some faults (deep-seated of course), which I exhibited in my first childhood. There is one further aspect of your generous, though quite underserved, recognition of my 'metamorphosis' that puzzles me. As a dedicated group who meet regularly to enthuse about objects like rocks and fossils that are only of interest if their age is in the order of 1000 million years plus, why should you celebrate an object merely 90 years old?

Reaching 90 is not so remarkable these days, given our standard of

medical knowledge and excellent health care. As an ordinary bloke I do not warrant such attention but nevertheless thank you all for the expression of good wishes, particularly Kaye Oddie, the stage manager of this celebration.

I was urged to join this U3A Geology group in about 2005 by my wife Robin, who had previously taught with Noel Schlieger, the Geology Class Leader, at Seymour High School. Sadly, Noel passed away in 2013 and Phil Bock, who had been sharing the Class Leader role, took over. Phil was later joined by Peter Jackson. I have joined many other U3A classes since, all of which I have thoroughly enjoyed.

Since joining the geology class I have benefited from approximately 200 – 300 hours of stimulation and entertainment on matters geological for which I am truly grateful. This class is one of the most consistent in U3A Nunawading: it has great charisma and enthusiasm, generated over many years from the wonderfully relaxed and patient style of three wonderful Class Leaders.



Neville and his wife Robin pictured with President Valerie Donlon and Geology Class Leader Peter Jackson.

Course Administrator's Report



The end of the 2016 U3A year is almost upon us. Thank you to all our Leaders who give of their time so generously. The Course Admin team have been working hard on preparing classes and timetables for 2017. There are some interesting new classes as well as those continuing.

Please read the information on how to enrol for 2017 on page 7 of the newsletter and remember if you need any help, just ask at the Silver Grove office.

Renewal will be a lot easier for you if you have access to a computer and the internet. If you do not have access you will be able to come to the office and volunteers will be on hand to help you.

Select your courses carefully. Read the description, time, day and venue as there have been some changes from 2016.

New Leaders in the last two terms of this year: Tom Edwards - Keeping your Brain Active, David Patston - Short Walks, Garry Fabian - Family History, are returning for 2017 and Maria Makrides will return to

Belly Dancing. Joe Lau will be returning with his Bonsai/Cacti class for Terms 1 & 2.

Leaders Mary Churchwood, Lindy Faulkner, Linda Parisi, Josian Astruc, Sheelagh Smyth and Rita Miller are leaving and Rae Last is taking a sabbatical year away from U3A. We thank these Leaders for their contribution to U3A and wish them well.

We also welcome new Leaders: Tony Tossell, Gillian Wainwright, Ian Cook, Kay Senyard, Val Lynch, Judy Hall and Joanna Schumacher who are taking over existing classes and Rita Chew, Bev Basedon, Greg Reilly, Liz Hooper, Sandra Courtney, John Finlayson, Ian Grandy, Jim Youngman and Gabrielle P. who are offering new classes. Thank you for stepping up and sharing your skills with U3A Nunawading.

New courses being offered in 2017:

17ART005 Chinese Characters – Albert Ip

17DAN008 Belly Dance Techniques Beginners – Gabrielle P.

17EXEM07 Tai Chi Qigong 1 – Rita Chew

17EXER05 Exercise Fit & Active 3 – Bev Basedon

17HUM027 Screen Writing Workshop – Greg Rielly

17HUM036 Travel Tips 2 – Catherine Rowe

17HUM037 A Truckload of Isms – Liz Hooper & Sandra Courtney

17HUM039 World Scriptures as Literature – Jim Youngman

17HUM041 Writing a Family History – Garry Fabian

17LAN007 Chinese Basic 2 – Vivian Liu

17LAN067 Italian Beginners – John Finlayson

17LAN079 Italian 5 Basic Conversation – Earle Ludekens

17LAN083 Japanese Beginners – Toshie Burke

17SCI011 History of Science – Ian Grandy

Computers Courses

This year we introduced several new short courses and demonstration sessions, which proved to be very popular. Many of these will be offered again in 2017 with some interesting additions:

- New features included in the Windows 10 Anniversary upgrade will be covered in **17COM116 What's New in Windows 10**.
- **17COM104 Keeping up to date with your Computer** is designed for those who are new to computers or those who perhaps need a reminder of their computer's capabilities.
- For those who are already familiar with their iPad but want to learn more of its possibilities, there are two iPad Advanced Courses on offer: **17COM120 Entertainment and Media** and **17COM122 Tips and Tricks to get Productive**. You can enrol for one or both.
- For the Beginners, **17COM114 Researching Shares on the Internet** will demystify trading charts and share market jargon and **17COM117 Genealogy using the Computer** could put you in touch with long-lost relatives in Australia and the United Kingdom.

For more details of all **Computer courses**, please refer to the **Computer Course Descriptions for Term 1 2017** at the end of this Newsletter.

Elsie Mutton

Course Administrator

Correction, September 2016 edition

AGM Treasurer's AGM Report (Page 5) Income Sources

Member Fees (Memberships, Computer Courses, Summer School)
Social Events (Social Committee, 25th Birthday Celebrations, Melb Cup)
Grants (State Government, City of Whitehorse, CoW Community Chest)
Other

\$128,051	86.0%
7,932	5.4%
7,923	5.4%
5,141	3.2%
\$149,047	100%

Adding Member Fees to Social Events meant members contribution to income was 91.4%

Thanks to Office Volunteer, Joe Demko, for pointing out the printing error in the September edition. The \$15,138 (Other) should have been \$5,141, as above.

Barbara Worcester - Treasurer

U3A at Spring Festival



U3A Nunawading was represented by performers, demonstrators and promotional volunteers at the City of Whitehorse Spring Festival on Sunday 16 October at the Nunawading council precinct.

Linda Parisi, Jasmine Teen and other class members demonstrated Card Craft, Herbert Yim's class members showed how to play

Eastern Mahjong and Lan Tiet and some of her class members demonstrated how to make sugar flowers, which were very popular with the children.

Marie Pietersz and her class members demonstrated the fun and exercise benefits of Line Dancing and Herminia Harrison and her Philippines Cultural dancers charmed the audience with their colourful costumes and graceful movements.

Taking their turns on the marquee roster were Patricia Corral and Orna Young on the first shift, Annette Samuels and Parijha Selvan across the midday shift and Dot Browne and Elaine Forde filling the afternoon shift.

Many thanks to Jan Felstead for co-ordinating our participation in Spring Festival and to everyone involved in showing the community a little of what U3A is all about. Also a special thank you to Brian Nicholson and Bert Lopes for setting up the marquee in the morning and packing it down at the end of another successful day.



Mary Churchward U3A French Leader

Mary has been an inspirational leader for the members of her many classes over such a long period of time. Her passion and dedication in preparing her classes which embrace the language, the culture and conversational French have been truly amazing, thanks to her enormous continuing interest in such a wide variety of topics. Her retirement as Leader means she will be greatly missed by all who have

had the fortune to participate in her classes. I'm sure I speak for everyone in sincerely thanking her for sharing her knowledge and enthusiasm. As a leader who is not a teacher, I've benefitted from her help and advice and I'm sure I'm not alone in hoping that Mary will continue to be a mentor to us, and to be an occasional guest speaker, during her well earned 'retirement'.

Ann Ruck

2017 Membership, Computer Course and Summer School Payments

Fees for 2017

\$70 – 2017 Membership

\$20 – Computer Courses

\$10 – Summer School

There are three ways to enrol and pay:

1. Enrol and pay online
 - using your PayPal account or Credit Card
2. Enrol online and pay at the office – using Eftpos, cheque or cash (correct money would be appreciated)
3. Enrol and pay at the office – using Eftpos, cheque or cash (correct money would be appreciated)

Eftpos payments – to provide you with improved service, this year during the enrolment period two Eftpos devices will be in use. Both take Paywave or Insert. So, if you have a card, please use it and pay by Eftpos.

Barbara Worcester
Treasurer

Seniors Festival Launch at Federation Square



U3A Nunawading joined a range of Seniors' organisations at Federation Square on Sunday 2 October for the launch of the 2016 Victorian Seniors Festival.

Rain was forecast for the afternoon, however, the day began with glorious sunshine, which remained throughout the day without any hint of drizzle.

This year the format was slightly different with our U3A sharing marquee space with



a number of other U3As. Barbara Worcester demonstrated patchwork, Leonie Clyne demonstrated needlework, Lan Tiet demonstrated how to make sugar flowers and a group of members showed how to play Eastern Mah Jong.

Lan also led her Line Dancing class members on one of the performance spaces and one of our other Line Dancing Class Leaders Marie Pietersz performed with a combined group.

Our final performance was a Zumba demonstration led by Paulina Chong. The enthusiasm of the group was high as they went through 45 minutes of routines with much fun and energy and people of all ages, from young children to seniors, joined in. Everyone had a great time, their faces beaming with excitement even at the final phase of the long demonstration.

Many thanks to everyone for their participation in this event.



My thinking on the seasons

Written earlier in the year by Trinh Tram, a member of one of U3A's English as a Second Language (ESL) classes:

A year has four seasons. They are Summer, next is Autumn then Winter and the last season is Spring.

Summer and Autumn for this year have gone and now it is Winter. Winter has rain and cold and sometimes some places have heavy rain and floods.

The flood was a lot of water and very high water too and in some places the water

ran very fast which damaged houses and farms. It caused a big problem for traffic lights and they had much flash flooding which then created an insect problem and hence was dangerous for people.

The Summer and Winter are opposite seasons because Summer is very hot with not much rainfall and then it can cause a drought. I have been watching TV and I saw many countries have a drought which is a pity because the weather is very unhelpful with no water and hence dry: plants

couldn't grow and the trees and animals couldn't live too.

So this makes it hard to live in this environment. Children look very sick because they eat no healthy food and not enough food for them. Then many people died.

Everyday as I watch TV I see the world has many problems for people. For example: War, flood, drought.....

I really hope a day will come when all people in the world will live happily.

HOW TO RE-ENROL FOR 2017

The 2017 Course Guide will be available on our website www.u3anunawading.com.au from **Monday 14 November**. From this date you will be able to **view** Courses that are being offered but you will not be able to enrol until from 9.00am on **Monday 21 November**, you can:-

Enrolments open at 9am on Monday 21st November and you have two ways in which to re-enrol.

A. RE-ENROL ONLINE

1. **Go to U3A Nunawading website www.u3anunawading.com.au.** In the blue band at the top of the picture gallery, click **Member enrolments**. Login using your membership number or email address and password, which is the last four digits of your telephone number unless you have changed it.

2. **Check your details** by clicking on **View Member Details** on the menu on the left-hand side of the screen. If you wish to make a change go to **Edit Member Details**. Don't forget to save after making any alterations.

3. **Select your Courses.** Click on **View or select Courses**. Initially you can only select three courses. This gives all members the opportunity of being accepted into at least one course of their choice. This limit will be removed after 2 December and you can go online again and make further selections. Computer, Summer School and selecting to Volunteer are not included in your first three choices. Once you have selected your course/s by ticking the relevant box remember to tick **Confirm Selection** to save your choices.

4. **Completing your enrolment online.** Once you have completed the above steps, tick the Agree to Terms and Conditions

box and finalise, by clicking on **Finalise Courses and if necessary, Invoice and Payment**.

5. **Payment.** You can pay your Membership, Computer fee and Summer School fee, if applicable, using your PayPal account or PayPal with your credit card. Alternatively print out two copies of the invoice and bring to the Silver Grove office where you can pay by cash, cheque or credit card.

Help. If you have any problems whilst online and would like someone to help talk you through the process. You can call Elsie or Barbara on **9894 8249** and they will advise you how to complete your enrolment.

B. ENROL AT U3A SILVER GROVE OFFICE

Volunteers will be available at the Silver Grove office from 9.00am 21 November to enrol members and accept payment. This is for members who do not have an email address or would prefer to have a volunteer do their enrolment. The Course Guide and Re-enrolment forms will be available from the Silver Grove office from 14 November.

PLEASE NOTE:

Restricted Courses. Due to the high demand of some courses a restriction has been placed on them and you will only be able to enrol in one of the restricted courses in that group. They are marked with an R in the course code. If you enrol in a Restricted Course you will be advised if you have been accepted by the office.

Zero marked Courses. If a course is marked Zero and you enrol you will be waitlisted. Leaders of these Courses have indicated that a certain skill level is required. If you enrol in such a Course you will be advised by the office if you have been accepted.



NEW COMMITTEE MEMBER PROFILE - Frank Baseden

Married to Beverley in December 1967, we have two adult children and two grandchildren. The duo from the west

moved east and built a home in Ringwood in which we've continued to reside since 1971.

The majority of my working life was in sales and marketing of electronic components to local manufacturers such as automotive, communications, security and many other industries. I was fortunate to experience a reasonable amount of domestic and international business travel with variously held positions within

this industry. This whet my appetite for future long-term goals.

I do not have any hobbies as such, but do enjoy food and travel (doesn't everyone)? A major portion of my afternoon can be spent doing food preparation for that evening's dinner. As a very slow "wannabe" cook, I need as much time as possible to appease the fact that I am quite pedantic at following the recipe.

As mentioned, travel (there's that word again), has played a major role in our lives and we have enjoyed visits to many European and other countries to appreciate different cultures and lifestyles.

As a Committee member, I look forward to my involvement in the future direction and value of U3A Nunawading to the community.

Games, Music

At U3A Nunawading, we celebrated our Seniors Week by having a three-day event which had a special theme for each day. It began with the first day dedicated to Games of Chess, Hand & Foot Card Game and Mahjong. The members had some fun playing their usual game and there were even some curious visitors who came to have a hand in learning the intricacies of the various games.

The Music day started with Music Makers entertaining us with classical to baroque music, a soothing start for the day. It followed on with the Choir presenting their melodious voices to popular pieces like The Prayer, Any Dream Will Do and Celebration, just to name a few. The tempo started to pick up with the Nunawading Jazz Class which was a newly formed group. They worked cohesively to produce beautiful jazz numbers enjoyed by all. The music was brought to a crescendo when the 18-piece Silver Grove Swing Band made its entrance. Lots of classic favourites were played bringing memories of days gone by. Some songs were accompanied by smooth singing with participation of arm gestures from the audience.

The third day, was Movement day, filled with exercises and dancing. It was good to start off with some gentle exercises like Qi Gong followed by Eight Form Moving Meditation, then the momentum built up in Tai Chi (Wu Style) and the increased pace to Fit and Active. The Seniors Hall was filled with many who came and had a go in the various exercises. The afternoon was brightened up by the Philippines Cultural Dance presented by members dressed in specially made matching costumes and hats. A change in culture brought on the Greek Dancing



2018 Senior Week



2016 Senior Week



2016 Senior Week



2016 Senior Week



& Movement

group with one gentleman dancing amongst the ladies. Next, emerged the popular Line Dancing where having partners is not a requirement. Many jumped in to have a go. The day finished off with exotic Belly Dancing performed by members adorned in colourful attire and accessories. The audience were encouraged to experience the intricacies of the dance and some were pleasantly surprised with their abilities.

We also had a special Tatting Display of craftwork which included Christmas ornaments and decorations on the Thursday in the Seniors Meeting Room to raise funds for a particular charity.

Although this year's Seniors Week event at U3A Nunawading was on a smaller scale compared to last year, it was enjoyed by all who attended. It is through the generous spirit of the Leaders in preparing for this event and the class members in practising and participating, that made the whole of Games, Music & Movement program entertaining and enjoyable for all. My heartfelt thanks to everyone concerned and also to those whose efforts contributed in one form or another in support of this event.

Paulina Chong
Special Events Co-ordinator



2016 Senior v



2016 Senior Week



2016 Senior Week



2016 Senior Week



2016 Senior Week



German Social Group – Oktoberfest



The celebration we now know as Oktoberfest started in 1810 as a way for the citizens of Munich to join in the festivities around King Ludwig I's wedding to Princess Therese. Horse races and beer were enjoyed by a 40,000-strong crowd of well-wishers. In Melbourne we leave the horse races till November, but Oktoberfest

remains popular with those of us with an interest in German culture who like having a good time.

The oompah music you could hear in Ringwood on the night of Saturday 8 October was not the Salvation Army for Christmas come early, but the sound of thirty members of Nunawading U3A's German Social Group and friends celebrating Oktoberfest with all the traditional fun and revelry.

Hosted by Jenny and Keith Graham, we kicked off with a fun quiz of German sayings, carried on with plenty of entertainment, beer, pretzels, wurst, sauerkraut, schnitzels and strudel, and finished up with a rousing chorus of drinking songs by everyone. Many thanks to Bernhard Knorr for the fantastic accordion playing, and to Colin Davis and Wayne Henry who demonstrated their hilarious Schuhplattler (slap dance) skills!

Qigong good for mind and body

Qigong (pronounced chi kung) is a comprehensive exercise system that combines physical movement, mental focus and regulated breathing to encourage the flow of energy (qi) throughout the body. Qi is the body's life force. The flow of qi along channels (meridians) in the body is regarded by Chinese medicine as central to health and well-being.

Exercises help mental concentration as well as releasing tension and being good for your internal organs such as heart, lungs, kidneys, liver, spleen and gall bladder. They also help flexibility and strength.

When doing qigong, the mind should be calm but alert so the movements are performed correctly.

All exercises are performed slowly; this helps concentration and control of muscles. Breathing is long, calm, slow and relaxed, and is combined with the body's movements.

There are many forms of qigong and even those with the same name can involve different exercises.

Qigong can be adapted according to physical ability so it is not necessary to be super-fit to enjoy the benefits. U3A has a number of different classes of qigong, each of which offers something different to its members.

David Cullen
Class member



Tai Chi 3 Qigong class in action at Eley Park.

Margaret Barwell wins 2016 Business Award

One of our U3A Members, Margaret Barwell, who is a Marriage Celebrant, won the Micro Business Award (Sole Trader) at the Whitehorse Business Group's Annual Presentation Dinner held in October.

With sixteen years of experience as both a Marriage and Funeral Celebrant, Margaret draws on a wealth of knowledge and skills. Having lived overseas in Asia for several years, she understands the importance of culture and customs which, if the client requests, can be included in her ceremonies.

The City of Whitehorse is a very diverse and multicultural community and many of Margaret's clients were born overseas in China, Vietnam, India, Sri Lanka, Indonesia, Philippines, Africa, Europe, Middle East and other countries....even Iceland! Sometimes clients choose to have a Hindu, Buddhist or Muslim ceremony followed by the Australian Government Civil ceremony.

Margaret keeps up-to-date with all Commonwealth Government legalities and creates and delivers her ceremonies according to individual clients requests from 'no-fuss' to fully personalized ceremonies and celebrations.

Margaret's very supportive 'roadie' is husband Graham Gallop, who is also a Member of Nunawading U3A.



Margaret and her husband Graham at the awards dinner. Photo courtesy of Whitehorse Business Group.



NEW COMMITTEE MEMBER PROFILE

- Liz Hooper

Liz has been committed to education her entire adult life so it's not surprising that on retirement she joined her local U3A.

Liz began her career as a secondary school-teacher before becoming a Women's Studies Lecturer in South Australia in 1975. She designed one of the first courses in Australia teaching in women's shelters and colleges before working as TAFE SA's Equal Opportunities Senior Field Officer. Liz then became State Program Manager for Community Services and Health and later, State Manager, Teaching and Learning, responsible for quality assurance, industry relevance, and teaching methodologies. She went on to become a mentoring consultant in the private sector delivering custom-designed programs to over 30 organisations.

In 2006, Liz moved to Melbourne with her partner, who had won

a position at Deakin University. Liz joined a multi-national HR company in Collins Street and became familiar with Melbourne as she hot-footed to corporations across the CBD. She travelled throughout Australia and New Zealand delivering workshops to 300 BlueScope Steel managers in Melbourne, Sydney, Brisbane, Perth, and Auckland.

Liz's final position before retirement was as a Swinburne University of Technology lecturer.

She joined Nunawading U3A in 2015 where she is now on the Committee of Management. Liz's interests revolve around social justice and human rights leading her to enrol in Current Affairs. She has designed the course, **"A Truckload of Isms"** –involving philosophy, religion, and politics which she plans to deliver in 2017.

Liz's interests outside of U3A include playing with her two grandchildren, learning piano, walking, cycling, keeping fit at the gym, and overseeing the book section of a local Op Shop. She lives locally with her partner with whom she enjoys frequent travel both within Australia and overseas.

Glimpses of Senior Week at U3A Nunawading



During Seniors Week, I had the pleasure of hearing our choir perform. I was impressed with the sheer number of performers and the ethnic diversity which added meaning to one of the songs in particular – "When we sing in harmony, we can be free." It was so beautifully sung that it almost moved me to tears. Such great words, such marvellous faces, all singing with gusto and feeling.

Their rendition of "Any Dream will do" transported me to rapturous heights. I am still singing that song inside my head and hearing the glorious harmonisation of their voices.

Next item was the swing band, a group of 10 men each of whom played their particular instrument with obvious zest and passion. Their enjoyment in their performance was palpable and was transferred to the audience. The singing drummer was the icing on the cake. Absolutely splendid!

A fantastic and memorable few hours! I hope to hear both groups many times more at future events.

Liz Hooper



U3A Nunawading Inc.

Term 1, 2017

Computer Class Descriptions

13th February to 31st March (7 weeks)

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

17COM102 EXCEL FUNDAMENTALS 13th February to 27th March (6 weeks)				Monday 10.00 to 12.00	\$20 fee	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						
17COM116 WHAT'S NEW IN WINDOWS 10 16th February to 9th March (4 weeks)				Thursday 1.00 to 3.00	\$20 fee	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						
17COM104 KEEPING UP TO DATE WITH YOUR COMPUTER 13th February to 27th March (6 weeks)				Monday 1.00 to 3.00	\$20 fee	Wayne Henry
Based on Windows 10 and Microsoft Word this course will keep you up-to-date with your PC and its associated Applications. We will look at what goes on inside the computer and how it manipulates and stores information. We will demystify some of the jargon, explain unfamiliar terms and explore the difference between "Drives", "Directories", "Folders", "Applications" and "Files". We will use the power of MS Word to create interesting documents through the use of templates, the addition of graphics (e.g., photographs) and the powerful but easy-to-use formatting and editing tools of Word. We will access and incorporate information from a variety of resources including the Internet and, finally, save our work to an appropriate location or share it with others. PREREQUISITES: Should have experience in using your computer and be familiar with your keyboard and mouse. BYO (USB) memory stick.						
17COM106 INTERNET FOR BEGINNERS 16th February to 9th March (4 weeks)				Thursday 10.30 to 12.30	\$20 fee	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". You will also learn skills that will help you when using the Internet with your iPhone or iPad. PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick.						
17COM118 IPAD for BEGINNERS 14th February to 14th March (5 weeks)				Tuesday 10.00 to 12.00	\$20 fee	Poppy Fogarty
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 and a basic introduction to iCloud and Google Maps. 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. A Gmail account is required to be installed on your iPad prior to commencement of the course.						

Term 1, 2017

Computer Class Descriptions (cont)

17COM108 1st STEPS WITH YOUR APPLE IPHONE

14th February to 28th March (7 weeks) Tuesday 1.00 to 3.00 \$20 fee Helen Smith

Make your iPhone a practical and fun tool. Learn to manage your mobile data usage as well as 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 but iPhone 5 and later are preferred as they can run the latest operating system (iOS 10). 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

17COM114 RESEARCHING SHARES ON THE INTERNET (BEGINNERS)

15th February to 22nd March (6 weeks) Wednesday 10.00 to 12.00 \$20 fee Eric Kratzer

Hands on for beginners. Learn to research, find important Company data, interpret charts & the difference between fundamental & technical interpretations. 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 together with experience in using the Internet.

IPAD ADVANCED COURSES

This term, **TWO** complementary "iPad Advanced" courses are being held for those who are already familiar with their iPad and who want to explore more of its many possibilities in greater depth. The first class will explore how to take advantage of the iPad's many entertainment, photography and game capabilities; the second provides general tips and tricks to extend your iPad use into your daily life. Many of the techniques can be used to share your information between PCs and smart phones too. Members may enrol in either or both courses.

17COM120 IPAD ADVANCED "ENTERTAINMENT & MEDIA"

15th February to 8th March (4 weeks) Wednesday 1.00 to 3.00 \$20 fee Michele Berner

This is the **FIRST** of these courses and will show how to take advantage of the iPad's many entertainment, photography and game capabilities. For example, connecting to TVs, personal media libraries, streaming music and videos, live radio, magazines and newspapers, photos, editing photos, making movies and YouTube. Teaching will be done on the iPad, but most of these techniques apply equally to the iPhone. Competent, later-model iPhone users (model 5 and later) are welcome to enrol in this course.

PREREQUISITES: This is not a Beginner class. Students should either have completed a U3A Beginners' class or be equally familiar with how to use the main functions of their iPad. Bring your own iPad or iPad Mini. (Not suitable for an iPad1). You must bring your Apple ID and password. Ensure that your iPad has been updated with the latest version of the operating system (iOS 10). You will be required to download a variety of Apps during this class.

17COM122 IPAD ADVANCED "TIPS & TRICKS TO GET PRODUCTIVE"

10th March to 31st March (4 weeks) Friday 10.00 to 12.00 \$20 fee Tony Widdows

This is the **SECOND** of these courses and will include cloud storage options, managing files, shopping and security, emailing tips, contact management, Microsoft's free Office Apps (Word, Excel etc. but especially OneNote), annotating online PDF documents and more. Topics will be selected according to the interest of participants. Teaching will be done on the iPad but most of these techniques apply equally to the iPhone. Competent, later model iPhone users (model 5 and later) are welcome to enrol in this course.

PREREQUISITES: This is not a Beginner class. Students should have either completed a U3A Beginners' class or be equally familiar with how to use the main functions of their iPad. Bring along your own iPad or iPad Mini (Not suitable for an iPad 1). You must bring your Apple ID and password. Ensure that your iPad has been updated with the latest version of the operating system (iOS) available for your device. You will be required to download a variety of Apps during the course.

Term 1, 2017

Computer Class Descriptions (cont)

17COM112 WRITE YOUR MEMOIRS			
16th March and 23rd March (2 weeks)	Thursday 1.00 to 3.00	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.			
17COM110 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS			
17th February to 3rd March (3 weeks)	Friday 10.00 to 12.00	\$20 fee	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.			
16COM117 GENEALOGY – FOR BEGINNERS USING THE COMPUTER			
17th February to 24th March (6 weeks)	Friday 1.00 to 3.00	\$20 fee	Maureen Francis with Graeme Davis
Private lives leave public records. Discover who and where you came from in this hands-on computer course covering mainly Australia and the UK. Assistance will be given to navigate records to help you find ancestors and facts about their lives. There will be an introduction to Ancestry.com. This is a class for those in the early stages of or those beginning their research.			
PREREQUISITES: . Should be experienced in using a computer and have good keyboard and mouse skills. BYO (USB) memory stick.			
<i>No Charge</i>		DEMONSTRATION & DISCUSSION SESSIONS	<i>No Charge</i>
17COM124 CLOUDS ARE GETTING USEFUL			
29th March	Wednesday 10.00 to 12.00	Tony Widdows	
How can we use so-called “Cloud Computing” to store and back up our data, photos and videos. Learn about Dropbox, Google Drive, Microsoft OneDrive, iCloud and the rest. This year there will be more emphasis on how to share your data between your PC, iPad and Android phone to make it accessible anywhere. This has been updated from similar 2016 presentations, with new applications and more guidance on staying secure in the Cloud.			
PREREQUISITES: Suitable for everyone who connects online by Windows or Mac computer, iPhone, iPad, Android phone and Android tablet.			
17COM126 SOCIAL MEDIA			
22nd March	Wednesday 1.00 to 3.00	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			
17COM128 CREATE SAFE & MEMORABLE PASSWORDS			
29th March	Wednesday 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.			

Term 1, 2017

Computer Class Descriptions (cont)

17COM130 GETTING AROUND SAFELY ON LINE

15th March

Wednesday 1.00 to 3.00

Helen Smith

The internet is a great source of information, shopping and banking. But, how can you tell if information on the Internet is trustworthy? How do you protect yourself against online risks, such as phishing and hacking scams, malware and adware. What precautions should you take to ensure your privacy and safety? How best to pay for online shopping? This course will help you understand how to interact safely online.

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

FREE 1 Hour Sessions

QUESTION AND ANSWER

FREE 1 Hour Sessions

Questions and Answers (Q&A)

16th February, 2nd March and 16th March

Thursdays 3.00 to 4.00

Graeme Hilson

Have you forgotten something? Do you need a reminder? Do you need help? Computer questions answered. This is free and it is not necessary to enrol prior to attending.

iPhone and iPad Issues

21st February, 7th March and 21st March

Tuesdays 3.00 to 4.00

Helen Smith

For iPhone and iPad users who are looking for some help. Bring your (fully charged) iPhone or iPad 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 it is not necessary to enrol 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 them 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 (use the stairs or take the lift). 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.

2016/2017 COMMITTEE of MANAGEMENT

President:	Valerie Donlon	Frank Baseden	Liz Hooper
Vice President & Course Administrator:	Elsie Mutton	Paulina Chong	Andrew Lockwood
Vice President:	Colleen Skinner	Elaine Forde	Leo Sargent
Secretary:	Lorraine Sterling	Barbara Gardiner	Noela Winter
Treasurer:	Barbara Worcester	Lindsay Glen	

2016 KEY DATES

Re-enrolment for next year commences	Monday 21 November
Term 4 ends (office closes)	Friday 2 December
Office Volunteers End-of-Year Function	Tuesday 6 December
Class Leaders End-of-Year Function	Thursday 8 December

2017 Summer School: 10, 11 and 12, and 17, 18 and 19 January.

2017 TERM DATES

Term	Commences	Ends	Weeks	Public Holidays
1	Monday 6 February	Friday 31 March	8	Labour Day 13 March
2	Tuesday 18 April	Friday 23 June	10	Good Friday 14 April Easter Monday 17 April Anzac Day 25 April Queen's Birthday 12 June
3	Monday 17 July	Friday 22 September	10	
4	Monday 9 October	Friday 1 December	8	Melbourne Cup Tuesday 7 November (no classes on Monday 6 November)

Office Hours

During term Office Volunteers are on duty at our Silver Grove office from Monday to Friday 9.15am – 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.

Publisher: U3A Nunawading Inc.
Editor: Liz Hooper
Email articles to: admin@u3anunawading.org.au

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Closing date for submissions to the next edition: **Friday 3 March, 2017.**