

Message from the President



We've had a pretty chilly winter and many of our members have been lucky enough to escape to warmer parts of Australia or even overseas during Term 3. Classes have not been quite so full as at other times during the year but the upside has been that finding somewhere to park has been a little easier - but more about parking later.

Visit by Phillip Island Choir

Our choir, led by Maureen Milton, hosted a return visit by the U3A Phillip Island Choir at the Mountain View Church in June. It is great to see members of different U3As getting together to enjoy their shared passions, and I hope there will be more of this sort of interaction in the future with other groups.

Supper Dance

Congratulations to the Silver Grove Swing Band and the Silver Bell Jazz Band for another delightful supper dance at the Box Hill Town Hall. These bands play

with great enthusiasm and anyone who attends one of their performances finds themselves singing along or tapping their feet.

Eastern Metropolitan Region

The quarterly meeting of this group of U3As was held at Nunawading in June. Representatives of the U3As in our region share their experiences and expertise at these meetings for the benefit of all. The EMR will be hosting a workshop at Nunawading in the September holidays called "Additional Assets for the Digital Journey" where our own Computer Class Leader Michele Berner will give a presentation on social media.

Games Music and Movement

We will be holding three days of fun in Seniors Week where you will have the opportunity to join in a range of activities. Co-ordinated by Paulina Chong, this will be an opportunity of trying out something new such as chess, belly dancing or tai chi! Please see page 13 for the daily program. There is no need to book, you can simply turn up and enjoy yourself.

Capturing Migration Stories

Our Course Admin team is overseeing a two-year project where some of the stories of members of our ESL classes will be captured by a recording device we recently received a grant to purchase. Once the stories have been edited we plan to publish them as part of our 30th birthday celebrations. Almost 50% of our members were born overseas, and there

will be some surprising and touching stories coming out of this project.

Mindfulness Talk

This was a very interesting and enjoyable presentation, and I have been inspired to try a little session of meditation each day as a result. Assoc. Prof. Craig Hassed was a most engaging speaker and many who were there took the opportunity of purchasing one of his books and getting it signed by the author on the night. U3A Nunawading purchased "Mindful Learning" which is available to borrow from our library in the Front Office.

Seniors' Festivities

To enable members to enjoy the activities being arranged for Seniors Week, both locally and across the state, we will have a three-week break at the end of this term, with classes recommencing on Monday, 10 October.

Federation Square will host the launch of Seniors Week on Sunday, 2 October and U3A Nunawading, along with many other U3As and other seniors' organisations, will be participating in a range of demonstrations and performances. This year there will also be an area for people to sell their craft work.

As mentioned earlier, we will be hosting our own Seniors Week celebrations "Games Music and Movement" from Tuesday 4 – Thursday, 6 October. Details of many activities will be available at Seniors Online and in the Victorian and City of Whitehorse programs.

Message from the President *(Cont)*

Free and low-cost events and activities are being presented across Victoria, including concerts, dances, theatre shows, celebratory morning teas, tours, a host of indoor and outdoor recreation activities, and much more as part of the 34th Victorian Seniors Festival.

The State Government will provide 8 days of free public transport for Victorian Seniors Card holders in metropolitan and regional Victoria for the period Sunday, 2 October to Sunday, 9 October and 5 days of free V/Line travel on Monday 3, Tuesday 4, Wednesday 5, Thursday 6 and Saturday, 8 October.

Spring Festival

The annual City of Whitehorse Spring Festival will be held on Sunday, 16 October in the Nunawading Civic Centre precinct; U3A will have a marquee and some of our members will be performing.

Annual General Meeting

Our 26th AGM, held on Wednesday, 24 August, is covered elsewhere in this newsletter. My thanks go to everyone on the 2015/2016 Committee of Management for all of their hard work

over the past 12 months. For those who did not re-nominate, thank you on behalf of your fellow members for your contribution to our wonderful organisation.

Parking

U3A Nunawading has been advised by Whitehorse Council that electronic parking monitors will be installed in the Silver Grove precinct during the last week of September. Please be aware that time limits will not change but cars that stay overtime will be monitored remotely instead of having their tyres marked.

If you attend classes at the Coronella Activity Centre, please try to avoid parking in Brenda Court. It is a very small area and some residents are becoming very unhappy about the number of cars they have to negotiate to get into and out of their houses. There is parking on the site just past the bookshop – enter via Central Road.

Re-enrolling for 2017

Enrolments for next year will commence on Monday, 21 November both online and at the office. Our UMAS system will be

taken offline on Friday, 21 October so that the courses for next year can be loaded onto the system. Therefore, you will not be able to access the system to either update your personal details or view any course descriptions until the morning of 21 November.

Details of how to enroll online and at the office will be included in the November edition of this newsletter, and training will also be offered to members prior to the commencement of the enrolment period.

If you wish to re-enroll at the Silver Grove office, you will have two weeks from Monday, 21 November to Friday, 2 December, when we close for the summer break. Enrolling and paying may be done at any time online from 21 November. If you enroll online but wish to pay at the office, this still needs to be done by Friday, 2 December.

Live, Learn & Enjoy with U3A Nunawading

Valerie Donlon

President

editor's note

Newsletter material

The newsletter is the prime means of letting members know just what is happening at U3A Nunawading, and much of its material is promoting future courses and events; yet some members say all newsletters contain the same type of material.

Well, here is an opportunity for you, members, to have an input. The editor is happy to receive articles or notes, no matter how lengthy or brief, on any subject that may be of interest to our readers. For example, one member (part of a French language class) had a holiday in France; she was keen to let members, not part of her class, know how her French study at U3A had held up in sunny France – but was not sure how to tell people. An article/letter to the newsletter editor would have done the trick. Our feedback

suggests newsletter information – just one-off, as in that example -- is of interest to members.

So I urge members to think about our communications, to put material forward (remembering everything is monitored or edited by the editor and the President) on your thoughts, experiences and involvement with U3A – YOUR U3A! -- to the new editor when he/she takes the reigns from next term, so that ALL members will find the newsletter an interesting website read.

Live, learn, enjoy

David Cullen

Editor

Course Administrator's Report



We are fortunate to have two new classes commencing in Term 4. Both classes are aimed at helping us keep the brain and body healthy and active.

16EXE045 Short Walks

Leader: David Patston

There will be three short walks in Term 4, the first being 20 October: Batman Railway Station to Ceres Environmental

Park via the Merri Creek - 7km. The second will be 17 November: Clifton Hill Railway Station to Victoria Park Railway Station via the Merri Creek - 7km, and the final walk will be 15 December: St Kilda to Southbank via parks and gardens - 9km.

David is an experienced walker and has led many a walk around Victoria. Public transport will be used for the walks which will help take the stress out of driving and finding parking. Once you have enrolled, further information will be available.

16HUM005 Keep Your Brain Active

Leader: Tom Edwards. Plato. Wednesday 10.45 – 11.45 commencing 19 October

To maintain sharpness as we age we should adopt as many different types of stimuli as possible; crosswords and Sudoku alone are not enough. Using logic puzzles, optical illusions, magic tricks and creative thinking will help sharpen our awareness. The class will be stimulating and fun.

If you would like to join either of these new classes you can enrol online or come to the office at Silver Grove.

Term 3 new classes: Automotive Forum, Wednesday 11am; Writing a Family History, Friday 12.30pm; and Play Reading, Thursday 1.30 have all commenced and are proving to be successful. If you are interested in any of the above classes, they are still taking members.

2017 re-enrolments: Enrolling for 2017 will be available from Monday 21 November. Information will be available both online and at the office.

Letting you know about waitlists, class cancellations, etc: If you have given U3A your email address, you should check it at least once a week as this is our major way of communicating with you. Please check your spam or junk box in case your security settings reject U3A's emails. Reports have been received in a number of cases where the mail has been treated as junk or spam by the server. If you have any queries, there is always help available at the Silver Grove office.

Live Learn Enjoy with U3A Nunawading

Elsie Mutton

Course Administrator

Re-enrolment Information for Next Year

14 November onwards

2017 Courses can be viewed on our website, but you will not be able to enrol as there will be no boxes to tick at that stage.

21 November onwards

Enrolments will start from 9.00am on this day.

There are three ways to enroll and pay:

1. Enrol and pay online
2. Enrol online and pay at the office
3. Enrol and pay at the office

Note: If you wish to enrol and pay, or pay only, at the Office, this must be done between **21 November and 2 December**, when the Office will close for the year.

Enrolment Limit

Initially, your enrolment in year-long courses will be limited to **three classes**. This restriction will be lifted after 3 December.

Assistance with Enrolling Online

Briefing sessions will be held on how to enrol online and pay by PayPal at **2pm on 4, 11 and 18 November**. If you would like to attend one of these sessions, please leave your name at the Front Desk.

26th Annual General Meeting

Almost 100 members attended the U3A Nunawading Annual General Meeting held in the Seniors Hall, Silver Grove, Nunawading on Wednesday, 24 August 2016.

Guests in attendance included City of Whitehorse Mayor, Cr Philip Daw; City of Whitehorse Cr Ben Stennett; The Hon. Bruce Atkinson, State Member for Eastern Metropolitan Region; Mr Neil Angus MP, State Member for Forest Hill; and Mr Robert Clark MP, State Member for Box Hill; and City of Whitehorse officers Julie Lyons and Melinda Brown.

President Valerie Donlon acknowledged the traditional owners of the land on which the meeting took place before officially opening the AGM. After welcoming members and invited guests, the minutes of the previous AGM were accepted.

President's Report

Valerie presented her report for the year, making the following points:

Overview: 1950 members, majority 66–75 age group; approximately half our membership originate from 70 different countries.

General Courses: 186 year-long courses in Art, Craft, Dance, Exercise, Games, History, Humanities, Language, Music and Science.

Computer Courses: 700 enrolments in 81 courses, single sessions to 6-weeks long, including free demonstrations and Q & As.

Accommodation: Nunawading Community Centre plus 8 other venues, move to new Community Hub on old Nunawading Primary School site in 2019.

Summer School: Over six days in January we held 53 one-off classes, four outside excursions with 934 attendances overall.

Social Events: Opportunities to socialise with fellow members at activities such as our Silver Jubilee, Melbourne Cup Luncheon, Film Afternoons and Supper Dance are a very important aspect of U3A.

At the end of the President's Report Valerie reminded the meeting that we are all volunteers, before thanking

Class Leaders, Office Volunteers, Social Committee, Communications & Publicity Committee, Summer School Committee, Committee of Management and all of the individual job holders who work away quietly in the background to help us keep running so smoothly and efficiently.

Treasurer's Report

Barbara Worcester presented her report for the year, making the following points:

Overview: Our finances are managed using Cash Accounting and we are registered for GST. Total income of \$149,047.27 less total expenses of \$119,178.45 resulted in a surplus for 2015/16 of \$29,868.82. Last financial year (2014/15) total income less total expenses resulted in a \$15,138.19 deficit; cash and bank balances – that is, 99.4% of our assets -- are our only cash reserves. In 2015/16 these increased by \$29,861 compared with a decrease in 2014/15 of \$15,191.

Major Factors contributing to operating results:

A. 2015/16 Membership fees were increased from \$50 to \$70; Computer Course fees remained unchanged at \$20 and a \$10 per-participant fee was reintroduced for Summer School.

This fee structure was developed to:

- redress the 2014/15 deficit of \$15,138;
- ensure yearly income covered yearly expenses without drawing down on Cash Reserves; and
- build the level of Cash Reserves, including making provision for:
 - (a) 3-5 year cost replacement cycle for IT and other equipment; and
 - (b) the future U3A Nunawading move to the new City of Whitehorse Community Hub.

B. A low-level increase in expenses (1.4%) and no non-grant equipment purchases due to the 2014/15 IT and equipment purchases funded by a State Government Grant.

AGM (Cont)

Income Sources:

Member Fees (Memberships, Computer Courses, Summer School)	= \$128,051 or 86.0%
Social Events (Social Committee, 25th Birthday Celebrations, Melb Cup)	= \$7,932 or 5.4%
Grants (State Government, City of Whitehorse, CoW Community Chest)	= \$ 7,923 or 5.4%
Other	= \$15,138 or 3.2%
Total	= \$149,047 or 100%

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

Amongst those she thanked, Barbara drew attention to the City of Whitehorse for their continuing support, particularly the Community Grants Discount Rental and their Community Grant.

Member Fees 2017:

Unchanged from 2016 – Membership \$70.00; Computer Courses \$20.00; Summer School \$10.00.

Auditors for 2016/17:

Tregear, Bain and Taplin, Chartered Accountants.

Election of Office Bearers and Committee Members

The election was conducted by President Valerie Donlon who was not up for election. The President and two Vice Presidents are elected for a two-year term and these positions do not become vacant until the 2017 AGM.

The positions of Secretary and Treasurer are also two-year terms and became vacant at the AGM. As there was only one nomination for each of these positions, **Lorraine Sterling** was elected to the position of Secretary, and **Barbara Worcester** was re-elected to the position of Treasurer.

Ordinary Committee Members are elected for a term of one year and as the number of nominations did not exceed the number of positions available, the following members were elected as Committee Members: **Frank Baseden, Paulina Chong, Elaine Forde, Barbara Gardiner, Liz Hooper, Lindsay Glen, Andrew Lockwood, Leo Sargent and Noela Winter**. Please see the back page for the full 2016-2017 committee of management.

Brian Nicholson and David Cullen did not re-nominate for the Committee; the President thanked both of them and made a small presentation to David in appreciation of his contribution

to U3A. As Brian was not at the meeting, he received his small gift the following week.

Life Membership

U3A Nunawading Life Memberships are awarded to Office Bearers who serve a minimum of three years in appreciation of their commitment to the organisation. Under our constitution, office bearers may serve a maximum of four consecutive years in the role of President, Vice President, Secretary or Treasurer.

Noela Winter was the only recipient of a Life Membership at the meeting, having just completed four years as Secretary. Noela joined U3A Nunawading in 2008 and in her first couple of years volunteered for the Front Desk. She then became a Broadband for Seniors leader in 2010, before being elected to the position of Secretary in 2012.

In making the presentation, Valerie said that anyone who knew Noela knew how friendly and helpful she was to all members. Valerie also told the meeting how delighted she was that Noela had offered to take over the role of Office Volunteers Co-ordinator from incoming Secretary Lorraine Sterling.

The President then declared the AGM closed before inviting the Mayor to say a few words about how plans for the new Nunawading Community Hub were progressing.

Nunawading Vice President Elsie Mutton then addressed the meeting about her forthcoming trip to Japan to speak at the International U3A Conference. Elsie is in her sixth year as President of U3A Network Victoria and explained to the gathering the work that Network does on behalf of its member U3As.

AGM (Cont)

Thanks:

Valerie thanked Graham Haynes for looking after the sound and slide presentations, the Social Committee for serving the lunch, and Leo Sargent for setting up the Seniors Hall in preparation for the meeting.

Many thanks also go to Archie Kaan for the photos accompanying this report.



Lunch at the AGM



President Valerie Donlon with Noela Winter.



Robert Clark (centre) & Philip Daw with David Cullen (left)



Mayor Cr Philip Daw.



Treasurer giving her report



Neil Angus MP with Valerie Donlon & Lindsay Glen.



Reading Annual Reports before the meeting.

Visit by U3A Phillip Island Choir

Our choir hosted a return visit from the Phillip Island U3A Choir in June at the Mountain View Uniting Church Hall in Mitcham.

The choirs sang both together and separately, enjoying their shared love of music and group singing. Following a couple of hours of singing, the choirs got to know each other a little better over a shared lunch of soup and sandwiches.

The U3A Nunawading choir visited Phillip Island a year or so ago and hopes to make visits to other regional U3As in the future.

Pictured are the Nunawading choir in white shirts to the left with Nunawading's Choir Leader Maureen Milton and Phillip Island's Choir with its Leader John Perrin.



Nunawading U3A and the Whitehorse Spring Festival, 2016

Our Nunawading U3A has a very good relationship with the Whitehorse Council, which is great for us. So every year when they run the Whitehorse Spring Festival we are more than happy to be involved.

We have a marquee, with our U3A banners standing proudly at the front; inside we have decorated with photos of various U3A activities. Some of the craft students will demonstrate to the public what they have been learning in their respective classes.

Six people from our core of Office Volunteers will take turns in manning our marquee throughout the day, and I thank them in advance. I am sure you would all agree that we have the best U3A in Melbourne, so if you would like to contribute a small amount of your time to show your appreciation, we all benefit.

If you have not been to this festival, I suggest you check it out on Sunday 16 October in the area behind Councils' Nunawading offices.

Jan Felstead
Community Event Coordinator



Military History Class

Rex Gilmore and Special Guest Speaker Ern Baddeley

On 28 June the Military History Group were part way through their "Military Transitions" program. Rex Gilmore, a Group Member was presenting a paper on "Merchant Navy Transitions" dating from the earliest of history through to the end of World War One. As an add-on to Rex's presentation we were honoured by a special guest



speaker Ern Baddeley, a WW11 Merchant Seaman. Ern gave an excellent presentation of his experience which kept the audience captivated.

Ern had tried to volunteer for the Australian Merchant Navy at the age of 16 in 1942, sent away, managed to join a Dutch ship and four years later arrived back in Australia.

Erns experience took him initially to Mombasa then on to the UK and a year working the Atlantic Convoy route with many stories of near misses from German U Boats. The ship sent to the Mediterranean then participated in the 2 Anzio landings, enduring many Luftwaffe air attacks, sent back for the Normandy landings, then back to the Med for Operation Dragoon, the invasion of Southern France.

Ern had volunteered for the "Arctic Convoy" run to Russia, because he could get an extra seven and sixpence a day but fortunately was talked out of it by his skipper! Which was just as well as he most probably would not be with us today.

Ern has a stunning array of service medals, the Atlantic Star, Italy Star, 1939 – 1945 War Medal, the Defence Medal and three Dutch service medals.

Supper Dance

The Box Hill Town Hall was jumping to the sounds of the big band era and jazz classics when U3A Nunawading's Silver Grove Swing Band and Silver Bell Jazz band played at their annual Supper Dance in July.

Led by Geoff Moore with vocals by Mary Moore, the Swing Band got the dancers "in the mood" with their medleys of popular tunes. Then it was the turn of the Silver Bell Jazz Band to get toes tapping and dancers on the floor with their particular blend of great jazz hits.

About 100 U3A members and guests attended the event which has gained a solid following over the years and gives dancers and musicians alike a great opportunity of enjoying a wonderful evening of music in this lovely venue.

Thanks to our band members and their leaders as well as those who volunteered to help make this another successful U3A social event.



Supper Dance (Cont)





U3A NUNAWADING 2016 MELBOURNE CUP LUNCHEON

BOOKINGS ESSENTIAL
commencing Monday 10 October

JOIN YOUR FELLOW U3A NUNAWADING MEMBERS
& GUESTS FOR LUNCH
& WATCH THE CUP ON THE LARGE SCREEN

CHICKEN AND SALAD LUNCH; DESSERT; NIBBLES

BYO DRINKS
Sweeps, Activities, Prizes. Fashions

TUESDAY 1st NOVEMBER
IN THE SENIORS HALL, SILVER GROVE

Please be seated by 11.30am Cost: \$20 per head



Nifty at Ninety!

June Southwell, a valued and long-standing member of my Gentle Exercise Class, turned 90 on 20th June. She and her late husband, Brian, were at the inaugural meeting for U3A Nunawading. Also there were Howard and Margaret Haynes (she is pictured third from the left behind June). Margaret well remembers that first meeting, as June firmly declared that she would not be making the tea! All members of my class contributed to the card and flowers presented to June to mark this significant milestone.

Karen Postill, Class Leader



Every Quilt Has a Story

Ever wonder what our Treasurer does when she's not paying the bills?

This is my version of the "Dear Jane" quilt made by Jane Stickle during the American Civil War. Each of the 169 central blocks measure 4½". It's taken me seven years to finish all those, plus the 112 outer triangular blocks and get it ready for hand-quilting.

I changed some of the colour patterns of the original. Some of Jane's greens have become my reds – to me, this symbolises the Civil War bloodshed. My very middle red block has a blue block above (northern Unionist uniform colour) and a grey block beneath (southern Confederate uniform colour). Immediately to the right of the middle red block is a brown block (the Negro slaves of the Southern/Eastern states) and a black block to the left (the Negro slaves the Southern states wanted to bring to the West coast). My blue colour pattern in the top half of the quilt (in the north) changes to grey (in the south), representing the Unionists eventual defeat of the Confederates.

I didn't know much about this quilt's

provenance, other than the original was made in Vermont where Jane Stickle lived during the American Civil War whilst her husband was away fighting. It always struck me as odd that the central 169 blocks are arranged in 13 rows of 13 blocks. When I saw the film "Lincoln" a couple of years ago, I realised the abolition of slavery would become the 13th Amendment to the American Constitution. That "light-bulb" moment made the name of my quilt self-evident: "13th Amendment".

Whilst completely without any supporting evidence, as Jane Stickle was from Vermont (a Unionist state), I like to think that the 13 x 13 blocks is a show of support for the Unionists, the abolition of slavery and Abraham Lincoln's 13th Amendment.

Barbara Worcester

Class Leader, Patchwork 1

[Editor's note: if you are looking at a black and white copy, try the online version for full colour.]



WORLD ELDER ABUSE AWARENESS DAY

In June, U3A Nunawading joined the Whitehorse City Council's campaign to raise awareness of abuse inflicted on older people, most commonly by their families.

Ageism in our society can negatively impact on the way we respect older people; World Elder Abuse Awareness Day focuses public attention on the significance of this form of abuse as a public health and human rights issue.

Council provided large postcards of teapots and our members were encouraged to decorate them with words describing some of the positive things about being older – the writing creating a "tea cosy".

Many of the most common themes were: *freedom to do what you like, not having to work anymore, grandchildren, time to enjoy yourself – especially at U3A!*

Pictured below with their completed postcards are class members of Moderate Active 2 and Chinese 3. All of the completed postcards are on display in the lunch area.



Mindfulness

Large audience enjoys talk

During July about 100 U3A Nunawading members attended a talk on Mindfulness by Dr Craig Hassed, Senior Lecturer in the Faculty of Medicine, Nursing and Health Sciences and the Mindfulness Coordinator at Monash University.

Pauling Chong, Committee of Management member and Leader of our Empowerment and Zumba classes, arranged the presentation by Dr Hassed, one of Australia's leading experts in the practice.

Prior to the talk, the audience was delighted by a performance by Nalanda Robson, daughter of one of our members, Tippy Robson, on the Qu-zheng, a traditional Chinese musical instrument, which

resembles a zither.

Dr Hassed's presentation explained the physical and mental benefits of mindfulness which is described as "a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique."

The talk was followed by a short meditation guided by Dr Hassed, which left everyone feeling relaxed and refreshed. Dr Hassed has written a number of books on Mindfulness and his book on Mindful Learning can be borrowed from the U3A Nunawading Library.



Deakin Community Award

Jacqueline Becu

Jacqueline Becu has been awarded a 2016 Deakin Community Award for her contribution to seniors' learning. She joined U3A Nunawading in 1990, initially taking on the role of Tai Chi Class Leader and then French Class Leader. Since that time Jacqueline has imparted her knowledge of the French language and culture to in excess of 600 students at U3A and in the wider community.

Jacqueline believes that challenging the mind helps keep senior members of the community engaged and believes that life-long learning is for everyone.

Born in France and having migrated to Australia during her formative years, Jacqueline's sharing of her knowledge of all things French has clearly enriched the lives of many members of our community.

Jacqueline is seen receiving her award from Michael Sukkar, the federal member for Deakin.



Life Membership for Sheila Moore

Sheila Moore received her U3A Nunawading Life Membership a little belatedly when one of our former Presidents, Leo Sargent, and his wife Marita visited Sheila during the June holidays. Sheila moved to Grantville as a sea change and immediately got busy establishing the new U3A Bass Valley, where she is still actively involved.

Sheila was a founding member of U3A Nunawading; she served as our President in 1995 and as Secretary for three years, from 1996 to 1998. She was thrilled to receive her award and later called current President Valerie Donlon to thank her for the Life Membership. Sheila said she would have loved to have attended the 2015 AGM but was no longer able to drive. She kept up a real interest and affection for U3A Nunawading and was most appreciative of Leo and Marita's visit.

Congratulations, Sheila





SENIORS WEEK AT NUNAWADING

“GAMES, MUSIC AND MOVEMENT”

Come along and enjoy three days of fun at U3A Nunawading on the Tuesday, Wednesday and Thursday of Seniors Week in the **Seniors Hall**.

The event is also open to other senior members of the public, so bring along your friends.

“GAMES” Tuesday, 4 October

If you enjoy games, come along and play one of the following:



10.00am Chess

12.00 noon Cards (Hand & Foot) - **Namatjira Room**

1.00pm Mahjong (Eastern)



“MUSIC” Wednesday, 5 October

One-hour performances of great music and singing:

10.00am Music Makers

11.15am Choir

12.30pm Nunawading Jazz Class

2.00pm Silver Grove Swing Band



“MOVEMENT” Thursday 6 October

Thirty minute sessions you can simply watch or have fun and join in:

10.00am Qi Gong

10.40am Eight Form Moving Meditation

11.20am Tai Chi Wu Style

12.00noon Fit & Active Exercise

12.40pm Philippines Cultural Dancing

1.10pm Greek Dancing

1.50pm Line Dancing

2.30pm Belly Dancing



There will also be Tatting demonstrations from 10am – 3pm in the **Seniors Meeting Room** on Thursday 6 October.

For further information, please phone 9878 3898.

Mahjong at U3A Nunawading

These are the winners of high scores in Eastern Mahjong games. In addition to luck, it requires also skills, patience and determination to get there. According to the winners, the process is full of excitement and challenges but the results are very rewarding and satisfying.



Diane Tew
16 Fans
Scoring = 4,096



Beverly Freyer
10 Fans
Scoring = 512



Hiro Fanning
11 Fans
Scoring = 768



Glenys Yap
14 Fans
Scoring = 2,048



Shirley McGorlick
10 Fans
Scoring = 512



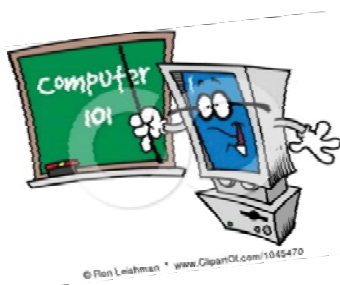
Michelle Nhan
11 Fans
Scoring = 768



Tanya Harris
14 Fans
Scoring = 2048



Wendy Knowles
11 Fans
Scoring = 768



Computer Classes 2016

Did you know that during the first three terms of 2016, nearly 700 members have participated in the 81 courses offered, representing 586 hours of instruction?

Did you know that the free, single, 2-hour demonstration sessions that were introduced this year are proving to be extremely popular? Nineteen of these will have been given by the end of 2016 out of a total of 81 courses. These sessions are designed to introduce you to recent technologies that are now becoming useful in daily life.

❖ What's New in Term 4 Computer Classes?

Have you just returned from travels in Australia or overseas and are unsure of what to do with all those photographs you took?

16COM414 Photo Editing – will show you how to crop, lighten and enhance your photos.

16COM430 Managing Photos with Google Photos – will explain how easy it is to organise and back-up your photos using free apps from both the Apple Store and Google Play Store.

16COM432 Creating a Photo Album – will show you how to create a personal Photo Album to share with family and friends.

❖ Popular Classes returning in Term 4

- What's New in Windows
- Keeping up to date with your Computer
- Internet for Beginners
- iPad for Beginners
- 1st Steps with your Apple iPhone
- Genealogy

Need some advice or a problem solved?

There will be Q&A sessions held during Term 4 to help you with problems you have encountered with your Microsoft PC, Apple iPhone or Apple iPad. These are free and there is no need to book.

And there are also the very popular short courses designed to help you use your electronic devices wisely and with confidence

For a full list of all Computer Classes being offered in Term 4, 2016, please refer to the Computer Class Descriptions elsewhere in this Newsletter or log into the UMAS database.

U3A Nunawading Inc.

Term 4, 2016

Computer Class Descriptions

10th October to 25th November (8 weeks)

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

16COM402 WHAT'S NEW IN WINDOWS 10 (A)

3rd October to 24th October (4 weeks) Monday 10.00 to 12.00 \$20 fee Graeme Hilson**

16COM404 WHAT'S NEW IN WINDOWS 10 (B)

6th October to 27th October (4 weeks) Thursday 1.00 to 3.00 \$20 fee Graeme Hilson**

** Please note that these 2 class will commence in the 3rd week of our Term break.

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

16COM450 KEEPING UP TO DATE WITH YOUR COMPUTER

10th October to 21st November (6 weeks) Monday 2.00 to 4.00 \$20 fee Wayne Henry

Based on using Windows 10 and Microsoft Word this course will keep you up-to-date with developments in computer hardware and software. Topics to be covered will include: an overview of computer architecture; decoding some of the jargon and acronyms; launching and using Applications (apps.) – such as MS Word; saving and retrieving documents to/from various locations and devices; creating interesting documents by using templates, adding graphics (such as photographs) and employing the powerful but easy-to-use formatting and editing tools available in contemporary apps; accessing and incorporating information from a variety of resources, including the internet.

PREREQUISITES: Should have experience in using your computer and be familiar with your keyboard and mouse. BYO (USB) memory stick.

16COM412 INTERNET FOR BEGINNERS

7th November to 28th November (4 weeks) Monday 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.

16COM418 IPAD for BEGINNERS

11th October to 15th November (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. **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.

Term 4, 2016

Computer Class Descriptions (cont)

16COM428 1st STEPS WITH YOUR APPLE IPHONE

12th October to 23rd November (7 weeks) Wednesday 1.00 to 3.00 \$20 fee 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

16COM414 PHOTO EDITING

12th October to 9th November (5 weeks) Wednesday 9.30 to 11.30 \$20 fee 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: You must be experienced in using a computer with good keyboard and mouse skills. BYO (USB) memory stick.

16COM430 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS

14th October to 11th November (5 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.

16COM432 CREATING A PHOTO ALBUM FROM DIGITAL PHOTOS

11th October to 15th November (5 weeks) Tuesday 1.00 to 3.00 \$20 fee Meg Lowery

Do you have lots of digital photos from your last holiday or years of family photos – all out of sight on the computer – or still in your phone? BRING THEM OUT! Make a professional-looking photo album for all to see. Find out how to use the popular computer program 'Albumworks'. This is a free application to download and is easy to understand. You will be guided step by step on how to arrange your album. Your finished album is reasonably priced, on average, at \$37.50 for 20cm. by 20 cm. or \$50.00 for A4 (40 pages). An album is a great way to show off your photos to friends and family. It also makes a wonderful gift.

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

16COM416 GENEALOGY – EXPERIENCED

**14TH October to 18th November (6 weeks) Friday 1.00 to 3.00 \$20 fee 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.

Term 4, 2016

Computer Class Descriptions (cont)

No Charge

DEMONSTRATION & DISCUSSION SESSIONS

No Charge

16COM438 THE CLOUDS ARE GATHERING

17th November

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.

16COM444 SOCIAL MEDIA

18th November

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

16COM440 CREATE SAFE & MEMORABLE PASSWORDS

22nd November

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.

16COM442 GETTING AROUND SAFELY ON LINE

30th November

Wednesday 1.00 to 3.00

Helen Smith

Safety, Security and Privacy. 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 do you keep your passwords safe: should you use a Password Manager and Two-factor Authentication? 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

Term 4, 2016

Computer Class Descriptions (cont)

FREE 1 Hour Sessions

QUESTION AND ANSWER

FREE 1 Hour Sessions

16COM452 Questions and Answers (Q&A)

6th October, 20th October, 3rd November and 17th November
Graeme Hilson

Thursday 3.00 to 4.00

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 enroll prior to attending.

16COM454 Issues with Using Your iPhone or Your iPad

19th October, 2nd November and 16th November
4.00

Wednesdays 3.00 to
Helen Smith

For iPhone users who are looking for some help using their iPhone or iPad. 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 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 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 (upstairs). 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.

YOUR COMMITTEE for 2015/2016

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

2016 TERM DATES

Terms	Commences	Ends	Weeks	Public Holidays
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

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 9.15am – 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: David Cullen
Email articles to: admin@u3anunawading.org.au

U3A Nunawading sincerely thanks the
**City of Whitehorse for funding to assist
in the production of this Newsletter.**



Closing date for submissions to the next edition: **Friday 28 October, 2016.**