

Easter Show Success

MEMBERS of a number of our music and dance classes entertained a most enthusiastic audience in the Seniors Hall on Saturday 24 March. The Easter Variety Show, which was organised by U3A's busy Social Committee, featured performances by representatives from the following classes: Jazz, Philippine Dancing, Greek Dancing, Zumba, Guitar Playing, Belly Dancing, Line Dancing and Choir.

The Musicians performed on the stage and the choral group and all of the dance groups used the floor in front of the stage. This allowed for quick changeovers between acts. Applause for one act had hardly died down before the next group was in place ready to start their routine. Performers sat at the rear of the hall when not performing so that they could enjoy watching the other groups.

Each item ran for about 10 minutes and thanks go to Brian Ruck, Herminia Harrison,

(continued on page 5)





President's Report

LAST month's National Volunteer Week reminded Australians of the enormous contribution volunteers make to our society. As a wholly volunteer-run organisation, U3A is a wonderful example of what can be achieved when committed people contribute their skills and time free-of-charge for the benefit of their fellow members.

So I take this opportunity to thank everyone who helps to make U3A Nunawading such a vibrant and welcoming place to be – our committees, class leaders, office volunteers and all of the other members who step up and take an active role in ensuring the senior members of our community can continue to enjoy their retirement.

Your Life, Your Choices Expo

This will be a most informative session with speakers and stands where you will learn how to make things easier for yourself and the people you care about. Please note that this event is being held in the Seniors Hall during the mid-year break. See page 4 for all the details.

U3A Presidents' Day

Vice President Liz Hooper and I attended the Annual Presidents' Day at U3A Network Victoria recently and came away energised and very confident in the future of development of U3A across the state. Currently there are 109 U3As and 36 000 members in Victoria.

ACFE Reports

Thank you to the two committees who undertook projects which received funding from the State Government under the new ACFE (Adult, Community and Further Education) funding arrangements. The projects were "How to Manage Risk at your U3A" and "How to get your U3A more Physically Active".

Under the new arrangements, funding is no longer distributed to individual U3As based on member numbers but on the value placed on specific Capacity Building Projects approved by the ACFE Board in consultation with Network Victoria. Both reports, which will be of benefit to many other U3As, were presented to Elsie Mutton as Vice President of Network. Please see page 8 for more details.

Talk on Energy Bills

Early in May, Kat George from the Department of Land, Water, Environment and Planning conducted a seminar at U3A Nunawading on how to control your energy bills. Kat explained to the audience of nearly 40 members how to compare the often confusing packages energy companies offer. For example, some companies offer monthly packages while others offer quarterly packages. With discounts it is important to look carefully at the details: if the conditions are not met, customers end up paying much more than they would have without the discount.

Many thanks to Liz Hooper for arranging this most informative

seminar, which prompted many questions and lively discussion.

Social Committee events

Congratulations to our Social Committee on the highly successful Easter Variety Show and Viking Exhibition excursion. Both of these events were extremely well organised and I am sure that all members who attended would agree. This very hard working committee adds a great deal to the experience of being a member of our U3A Nunawading.

State Library Tour

This excursion, originally part of our last Summer School program, has been rescheduled for 25 September from 11am–12.30pm as a tour guide was not available in January. Many of our members who were booked on the original tour have re-booked but we do have a number of spaces still available. If you would like to join the tour, please add your name to the list on the Front Desk.

Summer School 2019

Planning has commenced and any members who would like to run a class, suggest a possible presenter or an excursion they would like to see included in the program, should contact Lorraine Sterling at admin@u3anunawading.org.au. Summer School will run on 8, 9, 10 and 15, 16 and 17 January 2019.

Live Learn Enjoy with U3A
Valerie Donlon

(Below): The Social Committee enjoy the Easter Show





Course Administrator's Report

AFTER a spell of autumnal weather all of a sudden winter is upon us. Many of you will now turn your thoughts to warmer climates.

If you intend going away, please advise your class leader, mark the attendance sheet with an "A" or email admin@u3anunawading.org.au to advise how long you will be away.

What happens if you do not advise that you will be away? You may find on your return that you have been deleted from a class.

Waitlists

The Admin team are always working with our leaders to follow up on non-attendees and waitlists. If you know you are on a waitlist and are no longer available, please let us know.

Classes cancelled or change of day and time:

After eleven years of teaching guitar beginners and the retirement of leader Ziggy

(intermediate), Jack McLagan has decided to hang up his chords and retire. We thank Jack for his many years of service as a leader to U3A.

Guitar Intermediate, Bonsai and Belly Dancing Beginners Techniques classes have been cancelled for the remainder of 2018.

Fit and Active 2 – Colleen Skinner has retired due to ill health. Many thanks to Dianne Michael for taking over this class. Please note this class will now commence at 1pm on Tuesdays.

Guitar Accompaniment has a new starting time, 1.45pm on Fridays.

Rock'n'Roll's starting time has changed to 1.15pm on Tuesdays.

Feldenkrais time changed to 10am on Mondays (NB change of day).

Keep your brain active is cancelled in Term 3 and Term 4.

New class:

18CRA009: *Christmas Paper Craft* 10 October – 14 November.

Wednesdays 10.45–noon at the Anglers Club. Leader Kitty Wong.

You will learn to make various Christmas ornaments in the

first five weeks, followed by the final week of trimming the U3A Christmas tree with your masterpieces. Enrolments are now open – book early as numbers are limited.

18GAM013: *Scrabble*

Thursday 11.15 to 12.45

Venue: Room 9

Interested in playing Scrabble and help to keep your mind active? Beginners welcome.

New class commencing Term 4

18HUM026 *Road Safety: Look after your driving licence.*

Wednesday MPR 2–4pm. Leader: Aldo Pitre. This class will aim to ensure that you will be able to keep driving safely for as long as possible. Awareness of road law changes, medical and physical change, road changes and all the problems associated with staying on the road. More details will be available in the database and Term 3 newsletter.

New class cancelled

Food Glorious Food, due to commence in term 3 has been cancelled due to lack of numbers. A short session on this topic may be held in summer school 2019.

Elsie Mutton

Listed below are some of the classes that have vacancies

ART007: Drawing & Painting
ART019: Photography as a Hobby
ART021: Tonal Drawing
ART023: Watercolour 1
CRA003: Knitting Beginners
CRA017: Patchwork 4
CRA021: Tatting
DAN007: Belly Dancing
DAN013: Greek Dancing
DAN019: Line Dancing Experienced
EXE001: Chair-based Exercise
EXE009: Bush Walking

EXE001: Nordic Walking
EXEM01: Feldenkrais
EXEM05: Meditation
EXEM06: Moving & Stillness
EXEM07: Self Defence
EXEM11: Tai Chi 2
EXER06: Fit & Active 4
EXES05: Golf
GAM003: Chess
HIS009: Comparative Religion
HIS017: Military History
HIS019: Movies of the Decade

HUM001: Develop your Intuition
HUM007: Empowerment
HUM023: Positive Thinking
MUS001: Choir
MUS002: Guitar Accompaniment & Song
MUS009: Music Listening
SCI005: Climate Change
SCI007: Geology
SCI009: Joy of Mathematics.

There are a few language class vacancies if you have some knowledge of the language.

LET'S TALK AND PLAN: YOUR LIFE, YOUR CHOICES

**Advanced talking and planning makes things easier for
all the people you care about**

Speakers:

- Box Hill Hospital Advanced Care Planning
- Palliative Care South East
- Le Pine Funerals
- Springvale Botanical Cemetery



Come along with your family to our Information Seminar
and Expo to learn more about your options.

12.45–4pm on Tuesday 10 July

Seniors Hall, Silver Grove, Nunawading

Speakers begin at 1pm – please arrive by 12.45pm

Please register by 22 June
at the front counter of the U3A Nunawading office
or phone 9878 3898 or email admin@u3anunawading.org.au

Registration is essential as numbers are strictly limited



NUNAWADING
UNIVERSITY OF THE THIRD AGE

Easter Show Success

(continued from page 1)



Maria Makrides, Paulina Chong, Bob Hayes, Lan Tiet and Val Box for organising and rehearsing the performers prior to the show. Graham Haynes again managed the sound system most proficiently and President Valerie Donlon acted as compere.

Following the entertainment an Easter Bonnet Parade was held. Hats varied from very pretty traditional numbers to fun concoctions of eggs and flowers.



To round off this most successful event, the Social Committee served a delicious afternoon tea, complete with bowls of chocolate eggs.

Congratulations and thanks to the Social Committee and their volunteers, Graham Haynes and all of the wonderful performers.



Annual General Meeting

The 28th Annual General Meeting of U3A Nunawading Inc. will be held on:

Wednesday 22 August 2018 at 11.00am

Nunawading Seniors Centre, 22 Silver Grove, Nunawading 3131.

Notice of Meeting, Agenda, Nomination Form for Committee positions and any other related documents will be sent to Members with an email address on our system via email by the end of July. Members without email will receive this information by post.

Nomination Forms for Committee positions will also be available from the front office or on our website www.u3anunawading.com.au from Monday 23 July 2018. Completed and signed forms must be received by the Secretary no later than Wednesday 15 August 2018.

If you are interested in serving on our Committee of Management but would like to know more about what it involves, please contact President Valerie Donlon or any other Committee Member listed on the back page of this newsletter.

Member Payments – Front Office

A reminder that U3A Nunawading has Eftpos facilities available for any member payments made at the Front Office. This includes memberships, social events and any other member payments.

It is our preferred method of payment. It is quick, convenient, safe, and cuts down the workload for our volunteer organisation. Please use your credit or debit card rather than paying by cash.

If paying by cash, please give the correct money. This also makes it much easier for our volunteers.

Note: When enrolling online, PayPal is the simplest way to pay. If you do not have a PayPal account, you can use your credit card via the PayPal facility.

Barbara Worcester, Treasurer

Members gathered in the BrandSmart carpark on a chilly morning in May before boarding their coach for the "Vikings: Beyond the Legend" exhibition at Melbourne Museum. Enthusiasm for this excursion organised by the Social Committee was so great that the 53 seats on the bus sold out in less than

two days. Those lucky enough to secure a space saw the largest collection of Viking artefacts ever displayed in Australia.



A Viking Tour

GOODBYE COLLEEN

WE are sad to say goodbye to Colleen Guggisberg who is leaving Melbourne to live in Kiama NSW with her daughter. The photo shows Colleen seated on the right with 11 of

Allan Brownrigg's Wednesday morning Current Affairs class at their regular coffee get-together after the class. Colleen has been a member of the class for more than 12 years (since the days of Class Leader Savaas Athan) and will be missed because she has been a regular, thoughtful and enthusiastic contributor over that time.

In recent years a neurological condition causing many motor problems has not stopped her coming to the class. Her 'electric wheelchair' travelling up or down Springvale Road to U3A will be familiar to many at U3A Nunawading. Her interests include both the future (climate change) and the past (history) as well as the present. She intends to seek out U3A Kiama as soon as she gets there. We wish her well in her new life.



SHUTTLE NOTES

OVER a number of years U3A Nunawading has offered a Badminton Class on Friday afternoons 1pm–3pm in the main hall.

The U3A class has grown over the years with a core of regulars and new players who try their skills. The class provides a fun-filled environment where members can improve their natural sporting skills; it also enables those who wish to improve coordination skills with body balance.

We aim to give new players confidence, without the pressure that may exist in competitive sports. As we all meet the challenges of our advancing years playing badminton will help keep the body and brain in active order.

Our team of experienced instructors are always willing to provide constructive assistance during the class. George W., Jean T., and Graham H. provide one-on-one encouragement to all players.

To join the class you'll need to wear sporting shoes suitable for use on wooden floors, and possess a modern badminton racquet.

The instructors will provide further advice on requirements during class.

To bring our playing standards in line with the International scoring system, a new scoring system will be introduced during 2018. This system was on display at the Commonwealth Games Brisbane April 2018.

Introducing Rally Point Scoring System

1. A match consists of the best of three games of 21 points or one game of 21 points.
2. The side winning a rally adds a point to its score.
3. At 20 all, the side that gains a two point lead first, wins that game.
4. At 29 all, the side scoring the 30th point, wins the game.
5. The winning team serves first in the next game.

*Graham H., Jean T. & George W.
Class Instructors*

ACFE Project Teams

Managing Risk

DURING 2017 U3A Nunawading formed a Risk Management sub-committee to identify and manage potential risks associated with areas such as asset management, data management & privacy, financial management, security, OH&S, duty of care, reputation and emergency routines.

Later that year this group took advantage of a government ACFE grant, facilitated through Network Victoria, to conduct a project titled Managing Risk at your U3A with the objective of producing a document and template that has the potential to assist all Victorian U3A's manage risks within their operations.

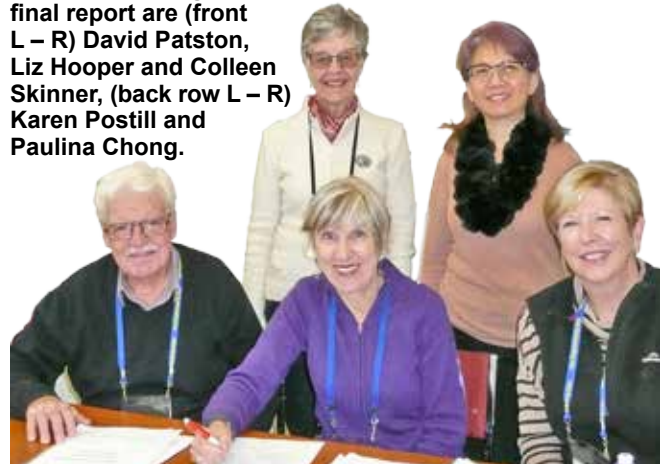
To complete the project, the team of Barbara Worcester, Lorraine Sterling, Lindsay Glen, Frank Baseden and Convenor Leo Sargent undertook the following work:

- Development of a Risk Management Matrix
- Identification of key areas that may require assessment and subsequent action
- Development of formal Policy and Procedures documents covering all aspects associated with Risk Management
- Established guidelines that can be of assistance to other U3A's in formulating Risk Management objectives and Goals

Pictured at the Risk Management report handover are (front row L – R) Vice President Network Victoria Elsie Mutton, Leo Sargent and Lorraine Sterling, (back row L – R) U3A Nunawading President Valerie Donlon, Lindsay Glen, Barbara Worcester and Frank Baseden.



Pictured working on their final report are (front L – R) David Patston, Liz Hooper and Colleen Skinner, (back row L – R) Karen Postill and Paulina Chong.



Let's Get Physical

U3A Nunawading's other ACFE Project Team was established especially to produce a report which would help other U3As in running physical activity classes.

The team of David Patston, Karen Postill, Paulina Chong, Colleen Skinner and Project Coordinator Liz Hooper presented their report entitled How to get your U3A More Physically Active to Network Victoria at the end of May.

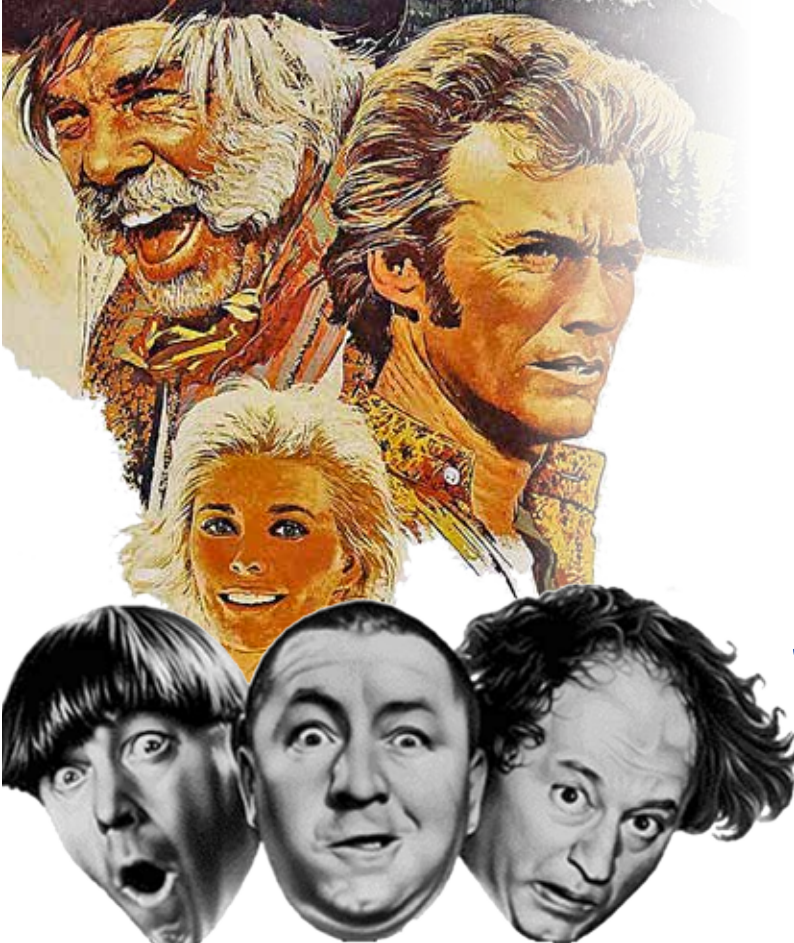
The project team communicated with many leaders of physical activity classes both at Nunawading and selected U3As throughout Victoria. The guide is intended as a resource for all U3As to assist them in establishing or enhancing physical activity classes.

Key messages in the report are:

- The importance of some form of regular physical activity for maintaining physical health and emotional wellbeing for all seniors
- We are more likely to stick with physical activities where there are opportunities to socialise and have fun
- There is a huge range of physical activities offered across Victoria's 109 U3As.

Included in the report are:

- A guide on how to establish a physical activity program
- Specific guidelines on what are suitable low, medium and high intensity exercise classes
- The importance of working at an individual's appropriate level to maintain interest and avoid injury.



COMEDY & MUSIC MOVIES

Saturday 18 August
2018

SENIORS HALL
Silver Grove

Show Time 1pm
SHARP

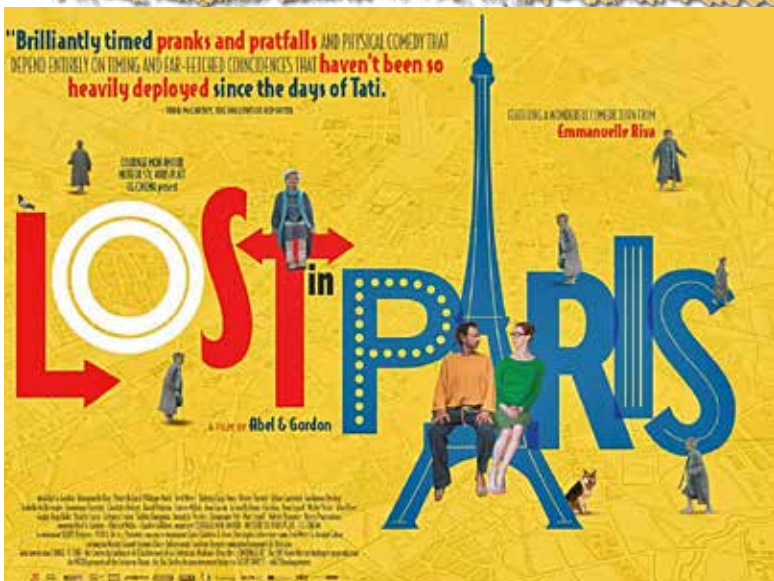
DELICIOUS
AFTERNOON TEA

Buy your Ticket at
U3A Reception

LIMITED SEATS
Book Early

\$10 PER PERSON

Bookings close:
15 August 2018



NUNAWADING
UNIVERSITY OF THE THIRD AGE

Term 3 Computer Courses

18COM303 TIPS and TRICKS FOR YOUR iPad

Friday 10am – noon

20 July to 3 August (3 weeks)

Michele Berner

Got an iPad? Want it to do more, work more efficiently and generally make your life better? This class will show you 50+ top tips to get the most out of your iPad. Best for iPads running iOS11 but if you are not you will still find some tips that will help you enjoy many more features of your device.

PREREQUISITES: Students should either have completed a Beginner's class at U3A or be equally familiar with how to use the main functions of their iPad.

18COM305 PHOTO EDITING

Tuesday 10am – noon

17 July to 14 August (5 weeks)

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

18COM307 CREATING A PHOTO ALBUM FROM DIGITAL PHOTOS

Thursday 10am – noon

19 July to 16 August (5 weeks)

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'. It 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 \$67.50 for 20cm x 20cm or \$69.95 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.

18COM309 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS

Friday 10am – noon

10 August to 24 August (3 weeks)

Michele Berner

Learn how to use Google Photos to back-up, edit, share, sync, sort and organise 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. If yours is an Apple device it should be running the latest operating system (iOS 11).

18COM311 RESEARCHING SHARES ON THE INTERNET (CONTINUING)

Wednesday 10am – noon

18 July to 19 Sept (9 weeks, no class 22 August)

Eric Kratzer

A prerequisite for this course is having completed Researching Shares on the Internet (Beginners). Continue to learn how to research, find important Company Data, interpret charts and the difference between fundamental and 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 and mouse together with experience in using the Internet. BYO USB (memory stick)

18COM313 ONLINE SAFETY

Tuesday 1 – 3pm

17 July

Helen Smith

The internet is a great source of information, shopping and banking. But 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? How can you tell if information on the Internet is trustworthy? This course will help you understand how to interact safely online.

PREREQUISITES: Suitable for all who connect online by computer, smartphone and/or tablet.

18COM315 BACK-UP YOUR COMPUTER

Tuesday 1 – 3pm

24 July

Helen Smith

Backups are essential for recovering from hardware disasters and hacking attacks. But it's easy to put off those essential backup tasks until it's too late! This session will step you through the types of backups you need, show you how you can take backups using the inbuilt Windows tools and illustrate alternative free tools. We will explore ways of scheduling backups to simplify the task.

PREREQUISITES: Suitable for everyone who uses a Windows computer.

8COM317 SAFE SETTINGS

Tuesday 1 – 3pm

31 July

Helen Smith

Your home Wi-Fi and your internet browser (Edge, Chrome, etc.) have a number of settings that you can – and should – change to improve your online safety. This session will show you how to find these settings and explain the best ones to use. You will then be armed to change the settings on your own devices at home.

PREREQUISITES: Suitable for everyone who connects online by computer, smartphone and/or tablet.

QUESTIONS AND ANSWERS

18COM319 WINDOWS 10

Tuesday 1 – 3pm

7 August

Helen Smith

This session is for users of Windows 10 who are looking for help. We will discuss the solution to your problem using the desktop computers in the computer room. Don't forget to bring relevant passwords (e.g. email account). You will need to enrol for a session prior to attending, after which you will be allocated a half hour slot in that session.

18COM321 APPLE DEVICES

Tuesday 1 – 3pm

28 August

Helen Smith

This session is for users of Apple devices (iPhones/iPads) who are looking for help. Please bring your (fully charged) device, your Apple ID password and other relevant passwords (e.g. email account) and we'll talk through the problem. You will need to enrol for a session prior to attending, after which you will be allocated a half hour slot in that session.

Tatting Group



U3A Nunawading's tatting group is one of very few places you can learn how to tat.

Tatting is a form of lace making and involves a shuttle and crochet thread and a little perseverance. The lace is made up of tiny knots formed using the shuttle. Because requirements are small, tatters often carry their work around in their handbag.

U3A Nunawading is fortunate to have experienced tatter, Yvonne DeSousa, to teach this art form. Many of the students are

inexperienced and the class is well attended. People learn how to tat and progress at their own pace on projects they choose themselves. They are always able to get advice and help from the teacher. She is an expert at undoing our mistakes and provides many patterns to suit our abilities. Advice from other class members is invaluable too. Tatting is an old art form and many of us do not appreciate it unless we have done some for ourselves. It is a craft for those who have to 'downsize'.

Bronwyn King

2017/2018 COMMITTEE of MANAGEMENT

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

2018 KEY DATES

Tuesday, 10 July	Your Life, Your Choices Expo
Wednesday, 22 August	Annual General Meeting
Tuesday, 25 September	State Library Visit
Tuesday, 6 November	Melbourne Cup Luncheon
Monday, 26 November	2019 Enrolments commence

2018 TERM DATES

Term	Commences	Ends	Weeks	Public Holidays
2	Monday, 16 April	Friday, 22 June	10	Queen's Birthday – 11 June
3	Monday, 16 July	Friday, 21 September	10	
4	Monday, 8 October	Friday, 23 November	7	Melbourne Cup Day – 6 November (no class Monday 5 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.

Newsletter Contributions

If you've something to share about your U3A Nunawading experiences, let us know. Short articles (100-250 words) could be included in a future Newsletter – this could be about your class/es, class leaders, etc. Articles must be submitted as MS Word documents. We'd also like accompanying photos – high-resolution jpg or tiff images taken on cameras are preferred. Email to admin@u3anunawading.org.au

Publisher: U3A Nunawading Inc.
Editor: Raine Biancalt
Photographer: Archie Kaan
Layout/Design: Chris Gray
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.**



*Excellence in Business Award
 WINNER 2012
 Community Award*

**The final deadline for receipt of *pre-arranged* articles is:
 Friday, 24 August 2018.**