



2020 Enrolment Information

Monday 18 November – 2020 Courses published

You will be able to view our 2020 courses online at www.u3anunawading.com.au or by picking up a 2020 Course Guide at the U3A Nunawading Silver Grove office.

Friday 22 November – End of Term 4. No more classes this year.

Monday 25 November – Renew your membership & choose up to 3 Classes

From 9.00am you can renew your membership and enrol in 2020 classes online via our website or by coming into the Silver Grove office. Initially, you can choose up to **three classes**, not including Computer Classes, Summer School or Volunteering.

PLEASE NOTE:

Restricted Classes: Some classes are restricted due to high demand so you will only be able to enrol in ONE Restricted class within a particular course group. These classes are marked with an **R** in the course code. You can enrol in more than one Restricted Class as long as they are different types of classes.

Classes that show a Maximum Enrolment of "1":

If you enrol in a class that shows a class maximum enrolment as "1", you will be waitlisted initially because Leaders of these classes have indicated that a certain skill level is required. You will be advised by email if you have been accepted.

Enrolling Online: Please see page 4 for an easy guide to re-enrolling online. If you would like to enrol this way but aren't quite sure how, come into the office any time before 22 November and a Committee Member on duty will show you how.

Enrolling at the Office: If you wish to re-enrol in person, the office will be open from 9.00am – 3.30pm from **Monday 25 November – Wednesday 4 December**. Volunteers will be on hand to process

your re-enrolment and payment. You will need to complete a re-enrolment form before you see one of our volunteers. These will be available from the front desk in the office from Monday 18 November. Please note: Due to the cost of postage, Re-enrolment forms will no longer be mailed out. *Please remember to bring your Member Number and password.*

Payment of Fees at the Office: The membership fee for 2020 is \$75. You can pay at the office by EFTPOS (our preferred method), cheque made out to U3A Nunawading Inc., or by cash, in which case, correct money would be appreciated. *We really do prefer card to cash.*

Tuesday 26 November – Enrolment of New Members

As it takes much longer to enrol a new member than to re-enrol an existing member, we will not be doing any enrolments for new members at the office on 25 November. This will enable us to spend more time with new members explaining how we operate and helping them to choose suitable courses. If you have friends who are interested in joining, please advise them of this date, but remember, new members can **enrol online** from 25 November.

Wednesday 4 December – Office Closes

From this date you will not be able to come into the office to re-enrol or pay until we reopen for Summer School on 7, 8, 9 and 14, 15, 16 January 2020.

Friday 6 December – 3-Class Limit Lifted

After this date you can go online and enrol in additional classes. If you are interested in classes which do not commence until later in the year and wish to enrol in more than three classes, it is suggested you do not enrol in any class that starts after Term 1 until after 6 December.





President's Message

Dear Members

AS this is my first President's Message for our newsletter I want

to thank you for your enthusiastic welcome.

My first official duty as President was to welcome 120 U3A Nunawading members and friends to the Silver Grove Swing Band's musical performance on Sunday 25 August at Eley Park. We all enjoyed an afternoon of music, dancing, scones, jam and cream, and above all, friendship. Band leader, Graham Gaulway, congratulated Alec Doherty, on his 99th birthday, testimony to the contribution music makes to healthy ageing.

On Monday 26 August, Manningham Council hosted an event bringing together representatives from seven inner eastern metropolitan municipalities. Victoria's Commissioner for the Ageing, Gerard Mansour, sought our views on what healthy ageing meant to us, what was working well in our communities, and how we can improve. The meeting discussed all aspects of health – physical, mental, social and intellectual.

On Tuesday 27 August, Course Administrator, Elsie Mutton, and I represented U3A Nunawading at an event to meet four artists shortlisted to develop a work of art for the new Community Hub on Springvale Road. Themes of friendship, journeys, environmental sustainability, learning and fun, were identified. This consultation helped artists to formulate their submission, after which Council will make a selection.

On Wednesday 2 October, Vice President Valerie Donlon and I attended the City of Whitehorse's annual Community Dinner, an important event bringing together community groups across the council. New CEO Simon McMillan expressed his enthusiasm to visit U3A Nunawading, and we were delighted to host his visit on Wednesday 30 October.

The priority for our Committee is to prepare for our move to our new premises on Springvale Road. This facility will be a much more accessible place for members. Vice President, Andrew Gee, is coordinating our **Transition to the Hub Working Group**. Please refer to page 10 for his update.

As we gear up for enrolments for 2020, Elsie has been working hard with Ken Briscoe to ensure a smooth transition for classes. This is a challenge but we are as well-prepared as possible and will continue to keep you informed.

Finally, I want to say some thank yous.

Thank you to all Committee of Management members whose work in the background ensures the effective management of an organisation comprising over 2100 members.

I am delighted that Valerie is continuing as Vice President, and continuing to liaise with newsletter Editor, Raine Biancalt.

I value the support from Elsie, Lindsay Glen and Leo Sargent. With four ex-Presidents on our Committee, we are in good hands. We are fortunate to have an experienced Secretary in Lorraine Sterling, and delighted to welcome Pauline Wang who has the experience and capabilities required to take on the significant role of Treasurer.

Thank you to Frank Baseden for his contribution at the Senior Festival at Federation Square, and the City of Whitehorse Spring Festival, and to all performers and stall attenders.

As enrolment week approaches, I appreciate the expertise that Andrew Lockwood provides for the smooth functioning of UMAS.

Thanks to David Patston, Front Desk Coordinator, and to all volunteers whose warm welcome contributes to our reputation as a friendly place to be.

We thank our Leaders for enabling our range of interesting programs which is the heart of our organisation. Whether you're after intellectual stimulation, adding a language or a new skill, keeping fit, or simply having fun, you'll find it at U3A Nunawading.

As this is our final newsletter for 2019, on behalf of our Committee of Management, I wish you Season's Greetings. See you all in 2020 for another year of learning and fun at U3A Nunawading.

Liz Hooper

Course Administrator's Report



THANK you to all Class Leaders who have shared their skills and knowledge during 2019. Thank you also to the Course Administration team who have worked hard on your behalf in putting together two timetables, one for here at the Community Centre and one for when we move to the new Community Hub in mid-2020. There will be some changes in the times, but not the days, and the changes will only be very small. You will hear more about this as the time draws nearer.

In 2020 we will offer 187 general classes and 14 computer classes, plus 58 Summer School classes.

Enrolling for 2020 Classes

Please read the class details carefully before you select your classes. All classes have a new code and some have new titles and descriptions. Check the information on the front page of this newsletter for information on restricted classes and how many classes you can initially choose. For simple instructions on how to enrol online at home **please see page 4**.

If there is a prerequisite/standard of proficiency for a class you wish to attend, make sure you have the necessary skills to receive the best outcome for you and the Class Leader.

When choosing your classes, make sure you allow 15 minutes between the end of one class and the beginning of the next, unless they are in the same room. It is disrespectful if you arrive late or leave early, not only to the Leader but also to the other class members.

Being in a class in 2019 does not guarantee you a place in that class in 2020. You will be advised by your Class Leader if they wish to take current class members to the next level in 2020.

Take care when enrolling: choose wisely and hopefully you'll be accepted into your selected classes.

Thanks

A big thank you to the following Leaders who contributed to the rich and varied program of classes we were able to offer in 2019 and who are not returning in 2020:

Barbara Worcester, Ben Nisenbaum, Elisabeth Smits, Jacqueline Becu, Joan Maree Symons, Lucie Samsom, Lyn Elliott, Neil McLachlan, Savvas Athan, Rob Ellis, Aldo Pitre and David Patston. You will all be missed.

Welcome to new Leaders for 2020: Jane Levy, Nick Pringle, Lorraine Salter, Keerti Baxi, Neville Betts, Joan Yang and Patricia Piastra.

Welcome back to Leaders who have taken a sabbatical: Annette Mason, Albert Ip, Brian Ruck, Christine Hart, Derek Williams, Noriko Sabatino, Sue Deng and Toshie Burke.

New Classes commencing in 2020

Full descriptions of the following classes, including day and time, will be available online from Monday 18 November:

20CRA016: Multi-craft, Leader Jasmine Teen

20DAN014: Dance Fitness Fun, Leader Betsy Gumma

20EXEM00: Eight Embroidered Chinese Exercise, Leader Marco Ng – 4 weeks only

20EXEM33 Yang Family Taiji Quan Senior Advanced. Leader Frank Chai

20EXES09: Walking Football, **See page 10**

20GAM006: Cryptic Crosswords, Leader Margaret Lawlor

20HIS001: Africa: The Dark Continent, Leader June MacDonald

20HIS005: Australian History, Leader Marie Ryan

20HUM011: Heal your Life, Leader Camellia Florescu

20HUM017: Pathways to Inner Self, Leader Keerti Baxi

20LAN021: Chinese Level 5B, Leader Joan Yang

20LAN046: French for Travellers, Leader Patricia Piastra

20LAN057: German made easy for Travellers Level 3, Leader Dieter Markworth

20LAN059 Italian Beginners Leader Karen Smith

20SCI003: Bonsai, Leader Victor Byrde

20SCI007: Everyday Science, Leader Christine Hart

20SCI009: Science – From Evil Spirits to Germ Theory, Leader Ian Grandy.

*Elsie Mutton OAM
Course Administrator*



Enrolling online: 5 easy steps

RENEWING your membership and selecting classes for current U3A Members opens on **Monday 25 November** at 9am. Following is an easy guide. If you encounter a problem along the way, you can call the office on 9878 3898 and you will be assisted to help you complete your enrolment.

1. Log into your U3A record

Go to our website www.u3anunawading.com.au. On the right-hand side of the blue band above the picture gallery, click on **Click here for member enrolments**. Log in using your member number and password (*do not Enrol as a New Member*). If you are unsure of your Member Number or password come to the Silver Grove office before 22 November or send an email by clicking on *"I have forgotten my password"* and it will be sent back to you once it has been reset.

2. Select your classes

Click on **View or Select Courses**. Initially you can only select THREE classes. This gives all members the opportunity of being accepted into at least one class of their choice. The three class limit will be removed after 6 December and you can go back online and make further selections. Once you have ticked your classes, make sure you click **Confirm Selection** to register your classes.

- **Three Class Limit** does not include Computer classes, Summer School and Volunteering
- **Restricted Classes:** Some classes are restricted due to high demand and you can only enrol in one restricted class within a particular course group. These classes have an R in their course code. You can enrol in more than one Restricted Class as long as they come from a different parent code e.g. DANR. EXERF.

- **Maximum of "1" classes:** If you enrol in a class that shows a maximum enrolment of "1" you will be waitlisted initially as Leaders of these classes have indicated that a certain skill level is required. You will be advised by email if you have been accepted.

3. Complete your re-enrolment

Once you have confirmed the classes you have chosen you will see at the top of the screen if you have been accepted or waitlisted into your classes. Check the screen to make sure you have selected the classes you are interested in.

4. Payment

You can pay online using PayPal either with your PayPal account or credit card. At the bottom of the **Member Details** page next to the amount due you will find a **blue button** – click on this to pay online, or print your invoice. If you wish to pay at the office you can do so between **26 November** and **6 December**, or during Summer School when the office will be open. Please do not come into the office on 25 November just to pay. *Due to the number of members enrolling online for the first hour or two, you may not be able to access the PayPal page in the first instance. If this is the case, please log on again later in the day and you should be able to pay online.*

5. Check your details

Finally, before logging out check all your details are correct. If you need to make a change, including your emergency contact details, go to **Edit Member Details**, located on the menu on the left of your screen. Don't forget to click SAVE after making any alterations.

Nunawading shines at Seniors Festival

MEMBERS from a range of classes delighted visitors to Federation Square on Sunday 6 October for the launch of Victoria's 2019 Seniors Festival. Known as Celebration Day, the event is a showcase of how seniors can stay active and engaged at any age.

On a perfect spring day performances by our Philippines Cultural Dancers (Leader Herminia Harrison), Line Dancers (Leader Lan Tiet), Chinese Cultural Dancers (Leader Ying Zhao), Rock & Roll (Leader Manny Alexiou), Zumba (Leader Paulina Chong) and Choir (Leader Maureen Milton) entertained enthusiastic audiences throughout the celebration.

At our marquee Yvonne DeSousa demonstrated the art of Tatting and Kitty Wong showed how to make delicate Paper Craft Christmas decorations. Frank Baseden, Lindsay Glen, Athalie Edis and Valerie Donlon were also on hand to talk about what U3A has to offer to those who visited our marquee.

Many thanks to all of our performers and marquee volunteers for participating in the launch of this year's Seniors Festival and particularly to Frank Baseden for coordinating our involvement.



Ying Zhao



Chinese Dance



Choir



Zumba



Papercraft

SPRING FESTIVAL

Fun & Games



PICTURES (from top): Playing Chess; Rock 'n' Roll dancing; Line dancing; Western Mah Jong



TWO weeks after our participation in the launch of the Victorian Seniors Festival at Federation Square, our members were on deck once again demonstrating how to stay active and engaged in retirement.

Our Line Dancers, combined Zumba classes, Chinese Dancers and Rock'n'Rollers delighted audiences at the City of Whitehorse Spring Festival on Sunday 20 October.

Responding to Zumba Leader Paulina Chong on the microphone, audience members of all ages joined our members on stage, including some toddlers and at least one parent. A group of teenagers associated with the adjacent flying trapeze group were also encouraged onto the stage and enthusiastically joined in the Zumba routines.

All of these dance classes had been rehearsing for some weeks for the two events and their dedication paid off with fantastic performances.

On the games front, Western Mah Jong and Chess were demonstrated in our marquee and again we had good numbers of youngsters enthusiastic to join in.

Many prospective new members also took the opportunity of visiting the marquee to find out how they could enrol next year.

Many thanks to Frank Baseden once again for coordinating our participation in this community event and to all of the volunteers and performers for representing U3A Nunawading so well.

Getting to know our Committee Members

Pres. Liz Hooper
interviews . . .

Andrew Gee

Vice President and Convenor,
Transition to the Hub Team

For how long have you been a member of U3A and what classes have you joined in that time?

I joined U3A in 2008 and have undertaken many courses over the past 11 years. These have included Japanese, Military History, Music Appreciation, German, Bridge, Golf, Fascinating People and Changes in Beliefs.

What is your current role(s) on the Committee of Management?

I am presently one of two Vice Presidents as well as taking on the role of coordinating the move from the present U3A locations at Silver Grove and other sites to the New Community Hub (NCH).



What excites you most about this role?

The move to the NCH will be an exciting transition to a brand new 6-star community facility that will be a vast improvement on our current locations. The many restrictions and limitations at Silver Grove, especially with respect to disabled access and mobility, will be removed which will hopefully encourage a broader section of the community to attend, engage and enjoy the opportunities at U3A Nunawading.

Pauline Wang

Treasurer

When did you join U3A Nunawading and what have you been doing with us since then?

I first became a member of U3A Nunawading in 2016. Initially I took three courses – ESL, Share Trading and Photography as a Hobby. I am currently enjoying the two excellent body and mind wellbeing exercise classes Stretch and Strengthen, and Yang Family Taiji Quan, which I have been doing for two years.

Why did you put yourself forward to be our Treasurer?

After three years as a happy member of U3A Nunawading, I very much liked the friendly and welcoming atmosphere in the U3A Nunawading office. When I learned that we were looking for a volunteer Treasurer, I decided I would like to offer my professional skills and abilities in the financial sector. I previously worked as a senior accountant for more 13 years and also I established and ran my own business for more than 10 years.

Finally, how are you enjoying your new role?

I have found good support from members of the U3A Committee of Management. I am enjoying my role very much and looking forward to taking on more tasks in the future.





Marie dances with her team for Seniors Week in Federation Square.

Older? Still Learning!

RECOGNISING the vital importance of staying fit, Marie Pietersz took up dancing when she retired after 40+ years in public service. Although she always loved dancing, raising a family plus holding down a full-time job left her with little extra time.

As an adult migrant from Sri Lanka she had catching up to do: further education and serious hobbies. Playing professional sport when she was young, Marie was keen to maintain her fitness as she aged. She did Pilates and Yoga for strength and flexibility, but dance was still on the top of her list.

When line dancing caught her eye she was hooked, taking classes three times weekly. Then she heard about U3A and enquired about taking classes. The Course Coordinator at Nunawading instead encouraged her to start a class, which

she did, and still teaches nearly 15 years later. Her class has a waiting list because there are many migrant seniors without dancing partners who feel uncomfortable at gyms. Never giving up on her dance dream, this grandmother trains for a gold medal in ballroom and Latin, teaches seniors to line dance and entertains at retirement and nursing homes; however, family is the number one priority.

Marie is a freelance English tutor, writer, editor, dance teacher and a board member of the Vermont South Learning Centre.

'Just because you are older doesn't mean you stop learning and being active. How we age has changed – 60 is the new 40. Being active is crucial for physical and mental well-being. Age is just a number. It does not define who we are.'



Tai Chi Shibashi class leader Ev turns 90

AT 90 years of age, Evelyn Bowman (affectionately known to all as Ev) still takes her Tai Chi Shibashi class on Thursday mornings. Ev began teaching Tai Chi Shibashi in 2008 and continues to encourage her class to follow her lead. This exercise must be helping to keep her young and fit. Or is it all that walking she does as she has never driven a car?

U3A Nunawading's 2019–2020 Committee of Management



Photographed at its first monthly meeting following the 2019 Annual General Meeting are, front row L – R: Valerie Donlon (Vice President), Lorraine Sterling (Secretary), Liz Hooper (President), Pauline Wang (Treasurer). Standing are L – R: Paulina Chong, Lindsay Glen, Leo Sargent, David Patston, Angela Burkhardt, Colin Carter, Elsie Mutton, Athalie Edis and Frank Baseden. Absent are Andrew Gee (Vice President) and Andrew Lockwood.

Vale Kathleen Marshall

KATHLEEN died in hospital on 10 March 2019 after a long battle with illness. Members will remember her in the exercise classes.

Joining U3A Nunawading in 2004, Kate was in Eileen Moore's exercise class until Eileen retired, then in Barbara Ryder's classes.

Kate loved the social side of U3A Nunawading – the cuppa and chat after class. She attended the Summer School outings and loved the Saturday afternoon Soirees held in the Seniors Hall. Kate will be sadly missed.

Pat Lynch



It's on the way: Community Hub update



WITH construction well underway, the new community hub (NCH) is emerging as the exciting new home for Nunawading U3A. At this stage, it is expected that construction will be completed in early 2020, which will mean that our timetable for a move to the NCH for Term 3 (July) 2020 is feasible.

Timing details of the move will be advised via the Newsletter as it becomes available.

Key features of the design for the NCH include:

- refurbished heritage school building
- multi-functional classrooms and meeting rooms
- specially fitted-out spaces for dance, art, counselling and lapidary activities
- purpose-built Meals on Wheels facility
- communal kitchen with teaching area
- multipurpose sports stadium
- target 5 Star Green Rating (incorporating solar, water reuse, natural light, low energy, natural and durable materials)

WANTED

We are looking to start a
**Walking Football (Soccer)
class.**

To see if anyone is interested we are running two classes in Summer School.

We have outside people assisting us who know how to get us off the ground but need one or two members who have a soccer background either as a player or enthusiast to learn this version of football and possibly lead a class in 2020.

Please contact Elsie on
coursec@u3anunawading.org.au
if you are interested.

- car parking areas for 200+ vehicles
- integration with Tunstall Park – landscaping, enhancement of open green spaces, new pedestrian and cycling paths, and areas for passive recreation.

The project budget is set at \$28 million and will be fully funded by Council over three financial years.

A plan of the NCH which shows the layout, rooms and facilities, is available for inspection in the administration area at Silver Grove.

*Andrew Gee,
Convenor,
Transition to the Hub Team*

Computer Courses for 2020

WE are pleased to finally be able to offer a course in **Android phones and tablets**. It was a popular request in our survey last year and a known gap in our offerings. **iPad for beginners** and **iPad level 2** courses are also on offer in term 1.

Other new offerings in Term 1 are:

- **'How to Manage Your Budget'** using free software. This is a single session covering a range of software, but with particular attention to a free Windows app.
- **'Internet Search'** – understand how search works and get better search results.
- **Exploring Google** will enable you to understand more about this popular free service that is more than just search!

Popular courses returning in Term 1 are:

- **Excel** – also a popular request and we are again offering a beginners Excel course.

- **Windows 10** – get up to speed with the basics in Windows 10 and Microsoft Word in this introductory course.
- **Photo editing and Creating a photo album** will enable you to make the most of your holiday memories!
- **Genealogy for beginners** will help you become familiar with using a computer for research into your ancestry using a range of sites on the internet, including ancestry.com.

Did you know that rules for creating safe passwords have changed? Our single session **'How they hack your passwords'** will help you understand the risks to your passwords and how to improve your safety. A single session on Mobile security will help you keep phone and tablet data safe too.

Full details of Computer Courses for Term 1 2020 will be available from 18 November on the [Member Database](#) and printed programs are available at our Silver Grove Office.

Shop Safely Online this Christmas!

Know who you're buying from

Where possible, stick to well-known trusted brands and cross check information on their website to make sure you're dealing with the official seller and not a scammer trying to impersonate the brand.

Scammers can create fake websites and social media profiles to try to steal your money or personal details. They copy designs and logos from legitimate businesses to appear more genuine.

Pay securely

Use secure payment methods like PayPal, BPAY or your credit card – never pay by direct bank deposits, money transfers or other unusual methods.

- Only enter payment details into secure web pages (starting with 'https://', with a closed padlock).
- Never send your bank or credit card details via email.
- Avoid doing financial transactions when connected to public Wi-Fi.
- Check your bank statements regularly for unusual transactions.

Extracted from [StaySmartOnline.gov.au/shoppingonline](https://www.staysmartonline.gov.au/shoppingonline)
Follow the link to read more details.



2019/2020 COMMITTEE of MANAGEMENT

President	Liz Hooper	Frank Baseden	Angela Burkhart
Vice Presidents	Valerie Donlon & Andrew Gee	Colin Carter	Paulina Chong
Secretary	Lorraine Sterling	Athalie Edis	Lindsay Glen
Treasurer	Pauline Wang	Andrew Lockwood	David Patston
Course Administrator	Elsie Mutton	Leo Sargent	

2020 KEY DATES

Tuesday 28 January	Office Volunteers Orientation
Thursday 30 January	Leaders' Information Day
Wednesday 19 August	Annual General Meeting – classes cancelled
Monday 2 November	Day before Melbourne Cup – classes cancelled
Tuesday 3 November	Melbourne Cup Day
Monday 23 November	Enrolment Week Begins
Tuesday 1 December	Office Volunteers' Afternoon Tea
Thursday 3 December	Leaders' Lunch

2020 TERM DATES

Term	Commences	Ends	Weeks	Public Holidays
1	3 February	27 March	8	Labour Day – 9 March
2	14 April	26 June	11	Easter – 10–13 April Queen's Birthday – 8 June
3	20 July	18 September	9	AGM – 19 August No Classes
4	5 October	20 November	7	Melbourne Cup Day – 3 November (no classes 2 or 3 November)

Office Hours

During term Office Volunteers are on duty at our Silver Grove office from Monday to Friday 9am – 3.30pm. The office is closed during term breaks and on public holidays.

Newsletter Contributions

If you've something to share about your U3A experiences, let us know. Short articles (100-250 words) about your class/es, class leaders, etc. could be included in a future Newsletter.

Submit articles as MS Word documents – do not embed images. For accompanying photos, those taken on iPads and tablets are likely unusable. **High-resolution jpg or tiff images** taken on cameras are preferred.

Email to admin@u3anunawading.org.au

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



**The final deadline for receipt of *pre-arranged* articles for our next
newsletter is **Friday, 21 February 2020.****