

CITIZEN OF THE YEAR!

U3A Nunawading was very proud when our former President, Valerie Donlon, was announced as the City of Whitehorse Citizen of the Year for 2020 on Australia Day.

Valerie joined U3A Nunawading when she retired in 2012 as she wanted to become actively involved in her local community. She was elected to the Committee of Management in 2013, taking on the role of Convenor of the Communications & Publicity Committee and Editor of the newsletter. In 2014 she became Vice President and in 2015 was elected President.

Valerie was an outstanding President during her four years from 2015–2019. Under her leadership, she introduced contemporary business practices, gleaned from her corporate experience, which were influential in U3A Nunawading winning the Whitehorse Excellence in Business Award for a Community Group in 2018.

As President, Valerie continued our liaison with the City of Whitehorse concerning the planning of the Nunawading Community Hub, and ensured that members were kept updated on progress.

Valerie has worked hard to maintain a welcoming environment to both current and prospective members. She oversaw two state ACFE (Australian Community and Further Education) Projects on Risk Management and How to get your U3A More Physically Active.

In 2019, Valerie was elected as our Delegate to U3A Network Victoria which represents 108 U3As throughout Victoria. She was also appointed as the Eastern Metropolitan Region Representative



to Network. This is a significant leadership role and demonstrates the respect with which she is regarded by her U3A colleagues.

Valerie is currently one of our two Vice Presidents and Convenor of the Communications & Publicity Committee.

She was made a Life Member of U3A Nunawading at our 2019 AGM for her excellent contribution to the organisation.

*Liz Hooper
President U3A Nunawading*

Summer School

SUMMER School was held between 7 and 16 January, with 56 classes listed in the program, covered by 40 presenters. There were also six planned excursions. However due to high temperatures on the day, some needed to be cancelled. Records indicate there were 1265 enrolments with about 1000 actual attendances.

The Summer School Committee consisted of David Patston (Convenor), Lorraine Sterling, Sue Ebert, Joe Demko and Colin Carter, with Athalie Edis assisting during the Summer School period.

We were ably supported by a number of members of the Committee of Management, who assisted when required. Special thanks are due to Lindsay Glen and Bert Lopes whose efforts were invaluable in providing IT assistance and advice at all times during Summer School.

Finally, a thank you to Lorraine and Sue for their work on the Summer School Guide, and the entire Summer School Committee for making the 2020 Summer School a success.

*David Patston
Summer School 2020 Convenor*

**PICTURES: (Left) Summer School excursion;
(Below) Summer School Scrabble group.**



New Class starting Term 2

20EXEM02 Laughter Yoga

Thursday 1.45–2.45pm

Location: Room 5

Leader: June Cheung

LAUGHTER YOGA suits any age. It combines laughter with yoga breathing while we exercise.

In Laughter Yoga we laugh a lot, sometimes real and sometimes forced, because your brain doesn't know if the laughter is real or fake so it still releases a "happy hormone" endorphin.

When we practise Laughter Yoga, the various movements and stretching, combined with

laughter, can relax and relieve stress, enhance immunity, improve mood, prevent physical decline, improve personal health and make people happy.

For Laughter Yoga, please wear comfortable clothes and flat shoes.

Office Volunteers & Class Leaders prepare for 2020

IN the week before commencement of Term 1 this year, our Office Volunteers and Class Leaders gathered in the Seniors Hall for briefing meetings in preparation for the 2020 U3A Nunawading year.

On Tuesday 28 January, our Office Volunteers were invited to an information session that included presentations by Office Volunteer Coordinator David Patston, Course Coordinator Elsie Mutton and Treasurer Pauline Wang.

After a welcome by President Liz Hooper the Office Vols were brought up to date on rosters, processing of messages in relation to classes and financial procedures. In Elsie's absence, Vice President Valerie Donlon covered the section relating to Course Administration.

Following the formal presentations and question time, Team Leaders met with the members on their roster before everyone got together to enjoy some light refreshments and talk about what they had been up to over the summer break.



Two days later, our Class Leaders assembled for their annual briefing that covered every aspect of running a class at U3A. The session was conducted by Course Coordinator Elsie Mutton and covered such subjects as Accidents, Attendance Sheets, Badges, Class Cancellations, Changeover Times, Conduct, Class Materials, Equipment, Insurance, Privacy and Welfare, to name a few.

Class Leaders also took the opportunity to socialise over light refreshments at the end of the session.



Philately will get you anywhere

PLEASE save all your used Australian and Overseas stamps to support the Australian Childhood Foundation and place in the labelled plastic container at the front desk.

The Australian Childhood Foundation supports vulnerable children through devastating trauma, abuse and neglect through the sale of used stamps. You will

therefore be helping to support this worthy cause.

When removing stamps from envelopes, please leave some of the paper around the edges to avoid damaging the stamp.

Many thanks to all those U3A members who continue to contribute stamps to the Australian Childhood Foundation.

Mel Thorn



Top Pairs for 2019

THE Nunawading U3A Contract Bridge Group had another busy and enjoyable year, marred only by the number of people who underwent some medical procedure or other. Unfortunately, several of our regulars are still under treatment and we wish them a speedy recovery. I have been advised, on good authority, that the reason for these indispositions has something to do with date of birth! Hopefully, we will have everyone back on board for the new 2020 season.

Val Donlon, the current U3A Vice-President, presented the floating trophy at our year-end session and party. Unfortunately, several of our best players had their track records broken by holidays

and illnesses, which naturally counted against them, and the top pairs last year were as follows:

1st place	Moir and Bob Jeffreys
2nd place	Kwai Harding and Mark Hua
3rd place	Hannah and James Louey

New members are always welcome and I will attempt to find partners for those who wish to play but do not have a playing partner. For those who may be interested, we play American Standard Bridge and people joining are expected to know the game but are not expected to be champions. We are not able to offer teaching classes. We run fun bridge sessions rather than competitive sessions.

*Gilbert Foster
Bridge Convenor*



A number of members of U3A Nunawading's wonderful choir performed at a Lions Club Australia Day Breakfast at Bunnings Vermont. The choir entertained the audience with its enthusiastic performance of a variety of songs with an Australian theme to suit the occasion.

a fond farewell

A number of Class Leaders were farewelled at the Leaders Lunch last December. This annual event is an opportunity to say 'thank you' to all of our Leaders who share their knowledge and skills with their fellow members each week.

Our longest serving Leaders who 'retired' at the end of 2019 included French Leaders Jacqueline Becu (25 years) and Lucie Samson (15 years), Savvas Athan, a former member of the Committee of Management, who led a Philosophy Discussion class for 18 years, Rob Ellis who was Leader of the Military History Class for 12 years, and Lyn Elliot (Positive Thinking and Meditation) who was unable to attend the lunch and stepped down after 14 years.

We also said farewell to Neil McLachlan (Music Listening), Maree Wright (Tonal Drawing), Tony Tossel (Watercolour), and David Patston (Short Walks).

The lunch was also an opportunity to publicly thank and make a small presentation to Bev Clarke for her 17 or so years as catering convenor of our Social Committee.

Course Administrator Elsie Mutton coordinated the event and acted as MC on the day and President Liz Hooper presented gifts of appreciation to the 'retiring' Leaders.

Whitehorse Councillors Ben Stennett and Prue Cutts addressed the lunch, thanking all involved for their contribution to the success of our U3A, and the Class Leaders in particular.

Approximately 160 Class Leaders, Committee of Management members and other key volunteers attended the event, which was held at the Box Hill Town Hall.

PICTURES
(clockwise from right): Course Administrator Elsie Mutton; Liz Hooper presents a gift to David Patston; The appreciative gathering at Box Hill Town Hall



yoga is as yoga does



IN 2019, with the wonderful support of U3A Nunawading, I embarked on my yoga teacher training at the Bhava Yoga and Dance Centre in Warrandyte, under the excellent guidance of Gabrielle Boswell, Wendy Bradtke and Tori Swedosh. Pictured are my friend Judy Myles and me with our certificates at our graduation dinner in December. Don't we look proud! During the year-long course, we were trained in yoga poses (asana practice), yoga nidra (deep relaxation), meditation, anatomy, yoga philosophy, Sanskrit, as well as teaching methods. Eleven new teachers graduated. This group formed a wonderful bond during the course of the year. A very big thank you to Elsie Mutton, Valerie Donlon, Patricia Corral, Yvonne Burne and many more of my loyal U3A students for supporting me on my yoga journey. I hope to keep introducing what I am learning into my classes so we can all share in the benefits together.

*Liz Bednall
Class Leader Stretch & Strengthen*

Poem for Barb

With Exercise and Card Group too
Our Barb is very busy
She has so many things to do
Enough to make her dizzy
At Exercise we all try hard
To tighten up those muscles
We lift those weights and swing those legs
Just as well we don't wear bustles!
Our feet are very nimble too
As cardio takes the floor
We try to keep our tempo up
It really helps our core
We stretch and bend and bend and stretch
It's so good for the pelvis
We might be getting on a bit
But we can swing like Elvis
And at the end a clutch of us
Off to the cafe go
The cafe makes great morning tea
We chatter high and low
And those who eagerly play cards
Are full of zest and laughter
As Barb she goes around the room
With numbers we're all after
Our eyes they flick from red to black
And so hope for a Joker
It works our brains and keeps them fit
It's better far than poker
Sometimes a chocolate box goes round
To keep away the hunger
Our brains and eyes work hard although
Not getting any younger
Our numbers shift us round the room
To mix up everyone
It's good to play with different ones
It's really lots of fun
At end of year then both groups join
To have a celebration
There's lots of lovely food to eat
And little hesitation
So Barb we thank you very much
For everything you've done
We hope your Christmas respite was
A very happy one.

*Jenny Balshaw
(for Class Leader Barbara Ryder)*

Volunteers front and centre

MORE than 60 Office Volunteers joined members of the Committee of Management in the Seniors Hall in early December to celebrate a year of volunteering on the Reception Desk at our U3A.

President Liz Hooper welcomed everyone and thanked the volunteers for creating such a warm and friendly environment, recalling her own experience four years ago when she first joined U3A Nunawading.

Our "Office Vols" are our frontline in answering enquiries both over the phone and in person at the Reception Desk. Most volunteer for one half-day shift a month and many have formed lasting friendships with their fellow Office Volunteers over the course of their shifts.

Committee of Management member David Patston manages the roster for the 10 weekly shifts (one am and one pm each day). Each shift has a team leader who helps with training and replacement when someone is unavailable.

This year we expect to have nearly 100 Office Volunteers on the regular roster and as emergencies.



(ABOVE RIGHT): Office Volunteer Coordinator David Patston thanks the volunteers for their contribution to the friendly atmosphere and efficient operation of U3A Nunawading; **(OTHER PICTURES):** Many of the Office Volunteers who enjoyed catching up at the Afternoon Tea.

day trip to Portarlington



ON 7 November we met at Docklands under the Cow up a Tree sculpture to board the Ferry for a day trip to Portarlington.

The adventure became a little more exciting than expected as the sea was very rough throwing the Catamaran around.

Two of our group were sick and when we docked at Portarlington we ran dodging the waves as they rose up and washed over the pier. One person was drenched which required us visiting the local Op Shop on our way to lunch to purchase dry clothes.

Arriving at the Golf Club a lovely lunch was enjoyed by all as the wet clothes were attended to in their dryer. After lunch, and consuming travel sick medication preparing for the return trip, we shopped in the many available places purchasing much needed items, earrings, beads and scarves.

We boarded the ferry all prepared for our return trip to Melbourne on absolutely flat water. Overall, a different, interesting and exciting day was had by all.

Valerie Vernon
Class Leader Travel Tips

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.

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The final deadline for receipt of pre-arranged articles for our next newsletter is Friday, 22 May 2020.