

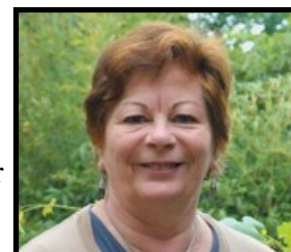
Start Term 3 Newsletter 2018

Vol.5, 2018

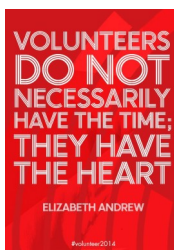
PRESIDENT'S MESSAGE

Hello members,

Our big news is the imminent launch of our new website! A team of us has been meeting regularly to design and develop content for the new site. Most of the work is being done by Geoff Kidd who is our website manager, so thanks to you Geoff for your hard work.



We hope members will find our new website appealing to interact with, easy to navigate, and a place where you can get all the information you need about the courses and activities you are interested in. I invite you to visit our site and try it out!



Another highlight was the successful application for grant money to purchase new computer equipment for our office. Thank you to Maroondah City Council. And thank you to our Treasurer, Sue Martin, who took the project on and did most of the work. Much of our computer equipment and software is tired, out of date and is not doing what we need it to do. The injection of funds will contribute to improving the efficiency of our office work and reducing the stress levels of those who do it.

Another task that we've been working on is a risk management project led by Shane Watson, our new Vice President. We will be assessing the different areas of the organisation and determining whether we need to take any further action to make things safer, work better, etc. So if you see Shane or myself striding purposefully around with clip-boards and checklists, asking questions of tutors and other volunteers, that's what we'll be doing.

Recently we have developed guidelines around Conflict of Interest which is a matter all organisations large and small should be aware of. The document is included in this newsletter.

We also had a fantastic speaker at our recent Tutors' meeting, but I'll let Ingrid tell you about that!

Warm regards, Jenny Higgins

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OFFICE VOLUNTEERS

Can anyone help in the office on a Friday???
If you can, please call Sue Lakeland on 0431 068 173 or email to suelakeland@optusnet.com.au

Would you know what to do in a medical emergency?

Check out the St John Ambulance Australia First Aid app.

Load it onto your smart phone and have access to clear concise instructions for the treatment of common medical emergencies.

Find it on Google Play or the iPhone App Store

U3A MEMBERS

PLEASE WEAR YOUR NAME TAG

Please wear your name tag

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Please wear your name tag



THANKS !

From the Course Coordinator

Well I hope you are all enjoying some hot soups and hearty winter stews and casseroles in this chilly weather although we have been lucky enough to have some blue sky and days of sunshine as well.



Term 3 has started and I hope you have all settled in well to your classes. Often the numbers in classes dwindle a bit this time of year as members head off to warmer climes for a little holiday.

Many of our committee have been involved in the overhaul of our Croydon U3A website and we hope it will make for a much better user experience when it is done. We expect that we will probably need to tweak it here and there along the way before we get the best outcome. It should be up and running very soon, so if you have any constructive suggestions, we'd love to hear from you.



During the school holidays we invited a guest speaker, Pamela Aldridge from Creative Dementia Care, to talk to our tutors and co-tutors about Dementia Awareness. We are keen to be a dementia friendly organisation and have the skills to be able to support members so that they can continue to enjoy and participate in classes for as long as possible. Pamela provided valuable information and strategies and gave us a much better understanding of dementia. I hope to be able to offer this session for all U3A members at some stage either later this year or perhaps early next year.

Earlier this year I had arranged a one-off presentation from Victorian Energy Compare but unfortunately we didn't get enough participants so it had to be cancelled. I have rescheduled this information session for Tuesday August 21 in the Swim Log Cabin from 2.00 to 3.30pm.

I hope that this time we will get more participants as there is significant benefit in it for you.

Victorian Energy Compare is a government initiative to help people get the best possible energy deal and the good news is that you will get a \$50 bonus just for logging on and using the comparative tool to find your best energy offer. Representatives from Victorian Energy Compare will help you navigate around the website and answer any questions you might have. Our gas and electricity bills these days are so difficult to read and comprehend so this session will unravel some of those mysteries and most likely will get you a much better offer.

Check out the information on page 6 of this newsletter and if you want to come to the information session, just enrol either online or via the office. Look for 18HUM076.

Other news The Birdwood Avenue Scout Hall has recently been renovated and WOW what a make over! This is now a lovely facility and I'm sure the table tennis crowd is enjoying it.

Last Thursday I attended the memorial service for Alan Strachan, leader of our U3A choir. What an amazing fellow he was. Choir master, pilot, masseuse, nursery man and gardener, and much more. Members of the choir will make sure Alan's wonderful songsters will continue but they are in need of a choir master, so if you or someone you know is interested, get them to give me a call.

A quote from Albert Einstein . "Life is like riding a bicycle. You have to keep moving forward to maintain a balance." (Thanks to John H for this quote)

Ingrid



VALE - ALAN STRACHAN

The U3A Singers were aware that our leader Alan Strachan was battling illness but when we learned of his passing overnight on July 16 we were surprised and deeply saddened.

Alan had faced his health problems with unfailing cheerfulness and eternal optimism which set a great example for all of us. He will be sorely missed by the U3A Singers and the other organisations which were part of his passion for life.

Our thoughts and condolences go to his wife Mary who is also a great friend of the U3A Singers.

Alan was proud of his Scottish heritage so a quote from a fellow Scot, Thomas Carlyle, seems appropriate "No great man lives in vain"



COMPUTER CORNER

SHORT-TERM COMPUTER CLASSES



You may have realised that there is something you want to learn on the computer, but don't wish to attend a class for a term to learn only that one thing. We are considering starting up courses that may run anything from one lesson to three lessons depending on how long it will take to learn about that particular subject. The class could be:

- * How to use the Snipping Tool which captures the entire screen or part of to be used in a document or emailed.
- * Mail Merge- merging information from a database such as addresses, names etc onto labels, envelopes, letters, etc.
- * Photo app - a Microsoft app used for browsing, viewing and enhancing photos.
- * OneDrive- Microsoft's service to store, sync and share files in the "cloud".
- * OneNote- A computer program for free-form information gathering and multi-user collaboration. It gathers users' notes, drawings, screen clippings and audio commentaries.

We will only run any of these classes if we get enough people interested. If you are interested in attending any of these classes please call Trevor or Joy on 9729 9308. Or, if you have any ideas of your own please call us on this number as well.

Learn-to-Swim Courses

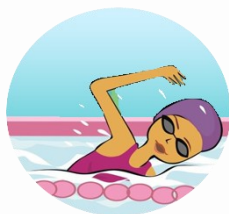
The Learn-to-Swim Courses for Term 4 2018 (11 - 11.30 a.m. for the more experienced swimmers, 11.30 a.m. - 12 noon for new starters in particular), will commence on Wednesday, 10 October, and conclude on Wednesday, 5 December (7 weeks). There will be NO classes on 31 October and 28 November.

If the Courses are full, your name will appear on the Wait List. When a vacancy arises, you will be notified.

Enrolments for the Courses will be accepted online via the U3A website, or in person at the U3A Office (10 a.m. to 12.30 p.m., during the School Term). The cost of the program is \$35.00.

Happy swimming!

Ann Longridge
Tutor



DO YOU PAY CASH?

When you come into the U3A office to pay for a course or your membership, please try to bring the correct money. We don't always have change on hand.



ZUMBA - TERM 3

It's not too late to sign up to Zumba and if you do, you can have a \$10 discount. \$60 for the rest of the term instead of \$70.

Enrol online or call the office and make sure you pay before the class starts.

Classes are held at the AquaHub on Tuesdays from 2.00 till 3.00 pm and it's loads of fun.

it's fun

it's fitness

it's ZUMBA

EXPLORE MELBOURNE

IMPORTANT NOTICE

Train time for Bishops court on August 23rd is 8.44 am from Croydon not 8.48 as shown in newsletter. There is still time to book for this interesting outing should you wish to do so.

To avoid confusion for myself and the office staff we need name of outing on envelopes NOT the date. Also, it is your responsibility to ensure your money is correctly recorded on the receipt sheet under the relevant outing you are paying for.

Our next trip will be on Tuesday September 18th to Duldig Studio Museum and Sculpture Garden, Burke Road Malvern. Again an early start 8.44 train from Croydon to Flinders Street then No. 5 tram stop 52. Morning tea will be served at 10.30.

Discover the Art and Design of a European refugee family arriving from Europe in 1940. The house/museum showcases the work of acclaimed international sculptor Karl Duldig together with the art and inventions of his wife Slava. Cost \$20 includes morning tea, mini documentary, house exhibition, art studio and garden. Payment to be in office by September 7th. Ring me Gwen Owen 9870 0483 to book. Please wear your name tags. There are numerous cafes in the area should you wish to purchase lunch otherwise tram back to Flinders Street.



Explore Melbourne members recently enjoyed a visit to the Chinese Museum in Chinatown

EXPLORE MELBOURNE CRITERIA. BEFORE ENROLLING, PLEASE READ CAREFULLY. Before enrolling and taking part in the outside activity group Explore Melbourne, you have to be aware that most outings involve negotiating trains, trams, buses, escalators, stairs, steps and uneven ground. It is essential that persons choosing to participate in this activity are independently mobile. No personal care can be given. Outings may also involve a walking distance of over 5 kms.

REMOVING THE MYSTERY FROM CRYPTIC CROSSWORDS

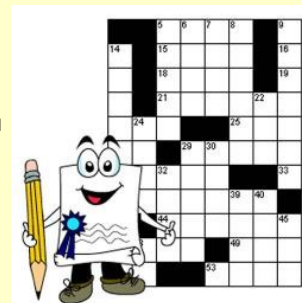
Most cryptic crossword clues consist of a definition of the answer and a strategy to find the answer. There are several devices which setters use to guide you to the answers. A couple of the most common devices are explained below.

ANAGRAMS, i.e. mixing up the letters in part of the clue to arrive at the answer. Many different words are used to indicate this type of clue, e.g. confused, in a muddle, wandering, damaged etc. In clue 1 below, tops is the definition of the answer, and off indicates that the letters of a word are to be mixed up. Can you solve the other 2 anagram clues?

1. Tops slid off (4) L I D S
2. Eden's only requirements (5) _ _ _ D _
3. Damaged peach inexpensive (5) _ _ _ A _

HIDDEN, in which the answer is hidden within the clue. Indicators might be words such as held by, among, a bit of, in. In clue 1, fend off is the definition of the answer, and shortage indicates it is a hidden clue. The two words a vertical are shortened to arrive at the answer. Two other clues for you to solve.

1. Fend off a vertical shortage (5) A V E R T
2. Some of them overtly shift (4) _ _ _ _
3. Mould in slice of loaf or muffin (4) _ _ _ _



Crosswords with double sets of clues – straight and cryptic – are helpful. Try to solve the cryptic clue. If this proves impossible, look at the straight clue. When you have the solution, look back at the cryptic clue to work out how the answer was derived from the clue.

There are other devices used in clues. Why not join the Cryptic Crossword class to learn more?
CRYPTIC CROSSWORDS - Tuesdays, 9.30—11.00 in the Keystone Aths Clubroom

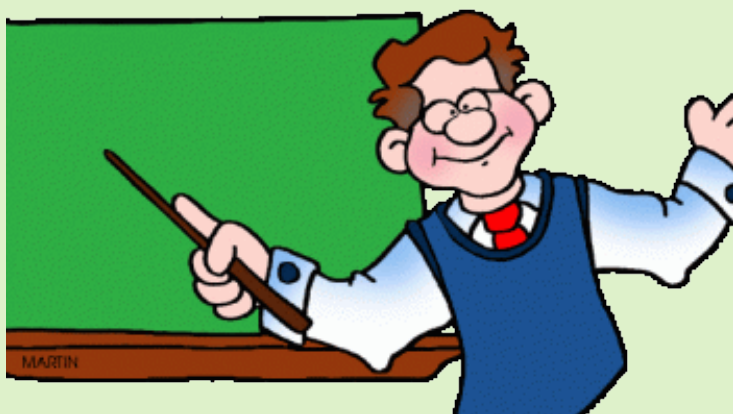
WHO AM I?

I am, and have been a member of U3A Croydon for many years. I participate in several classes each week. I frequently have doctors, hospital, dentist plus other appointments and I also have grandchildren who I sometimes need to look after. Sure I wake up some mornings not feeling 100%, experience tiredness, get occasional headaches, and have usual backaches etc, as I would expect with people of my age. During the winter months I sometimes have classes that start at 9am when it is freezing cold, yet I still arrive at class by 8.45am. In the summer, I have classes, some in the morning and others in the afternoon, when it is extremely hot.

I pay my annual subscriptions, often hold down a demanding and time consuming portfolio within U3A Croydon; maybe I am a Committee member and possibly a frequent volunteer in the office.

WHO AM I? I am a U3A Tutor! I experience all the above problems; the aches and pains, attend similar appointments, and guess what, the weather gets just as cold and hot at my place as it does at yours. Once you arrive at your class, heaters or air conditioners are usually turned on for your comfort, and any sign of aches, pains and tiredness usually subside quickly. I also have a household to run; cooking, cleaning, washing ironing etc. Yet I still attend all my classes each week. Why? It is because I have a commitment to be there. My students expect me to be there and I do not want to let them down. This is what Tutors do.

Most Tutors spend countless hours preparing for their classes each week, and then spend another couple of hours presenting them so spare a thought for the Tutor of your class.



ANOTHER PUZZLE FROM GREG SHEEHAN

CORRECT TEMPERATURE

Retired mathematician and dedicated cook, Mrs Deidre Wilberforce-Jones, has just made a tree change to a scenic and peaceful region. The oven temperature control on the sturdy electric stove in her farmhouse kitchen is calibrated in degrees Fahrenheit instead of degrees Celsius. This presents no problem to Mrs WJ as she sets the temperature prior to putting one of her favourite cake mixtures in the oven. She has made the correct setting calculation in her head and notes that the Fahrenheit temperature number is exactly twice the Celsius number. What are these two temperatures?

Solution on last page of newsletter (web version only)

NEWSLETTER DEADLINES FOR 2018

NEWSLETTERS 2018	Copy due in:
MID TERM THREE	Saturday 21 July
END TERM THREE	Saturday 25 August
MID TERM FOUR	Saturday 13 October
END TERM FOUR	Saturday 24 November

UFO

UFO
UnFinished Objects

Craft UFO is the class that gives you time to finish those projects that have been waiting for you to get to them.



That unfinished object that you know you will enjoy one day but haven't found the time to do yet.

Now's the time to indulge yourself. Our members bring their projects and get help, if needed, and help others if they can. Come join us and you'll be surprised at what you can achieve. We are a friendly, talkative group and are willing to help with your project.

Cheong Park, Wednesdays 10.40—12.40



New mission statement coming soon!
Watch this space



TERM DATES 2018

Term 1: 29 Jan to 29 March
Term 2: 16 April to 29 June
Term 3: 16 July to 21 Sept
Term 4: 8 October to 7 Dec

VICTORIAN ENERGY COMPARE - Managing your energy bills



We know that Victorians are paying too much for their energy bills—that's why Victorian Energy Compare is stepping in to help families get the best deal.

There are better energy deals out there for Victorians and we have set up an independent website "Victorian Energy Compare" to help people find them.

Victorian Energy Compare can save people hundreds of dollars a year by getting them a better deal from power companies.

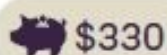
Now there's 50 more reasons to visit the site - every Victorian who uses the website between July and December 2018 will receive a \$50 bill bonus.

You don't have to take up an offer, you just have to compare and find the best deal for you. Seven out of ten people can save money by using Victorian Energy compare.

IF YOU WANT TO LEARN HOW TO NAVIGATE THE VEC WEBSITE AND REDUCE YOUR ENERGY BILL, **COME TO THE PRESENTATION ON TUESDAY 21 AUGUST IN THE SWIM LOG CABIN FROM 2.00 TO 3.30.** YOU CAN ENROL ON THE U3A WEBSITE OR COME INTO THE OFFICE.



7 out of 10 people can save money by using Victorian Energy Compare.



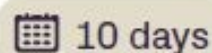
Victorians can typically save \$330 on their energy bills when they compare and switch energy offers.



On average, Victorians spend 21% more for their electricity compared to the cheapest offer on the market.



Nearly one quarter of Victorians pay \$500 more a year than the cheapest energy offer.



All energy companies give you ten days to change your mind after signing up for a new offer.



Concession card holders may be entitled to a 17.5% discount on their electricity bill, and the same discount on their winter gas bill.

U3A CROYDON COMMITTEE 2018

President	Jenny Higgins	jhiggins1@live.com.au	0400 884 688
Vice President	Shane Watson	shanew@eftel.net.au	0403 361 155
Treasurer	Sue Martin	geordm@optusnet.com.au	0411 380 688
Secretary	Christine Hawkins	chawk@bigpond.net.au	0407 301 133
Course Administrator	Marg Atherton	atherton@alphalink.com.au	9729 6457
Course Coordinator	Ingrid Tiltman	send2ingrid@outlook.com	0409 543 644
Systems Administrator	Trevor Bellinger	trevorbellinger@yahoo.com.au	9729 9308
Events Coordinator	Penny Kruse	kruu3a@gmail.com	0438 056 744
Office Manager	Helen Amos	helen3136@gmail.com	0413 485 474

GUIDELINE: WHAT IS A CONFLICT OF INTEREST?

U3A Croydon and its Committee of Management has an obligation to ensure that decisions taken about courses and activities by volunteers are informed, objective and fair. A conflict of interest is where the personal interests of an individual or group of individuals directly conflict with the best interests of U3A Croydon, its members, or where the decisions or actions of individuals may be influenced by their personal interest rather than those of the Association.

Conflicts of interest commonly arise in organisations, but they do not need to present a problem if they are openly and effectively managed. In some cases people can be unaware they have a conflict of interest, so the purpose of this Guideline is to raise awareness about the importance of avoiding and/or disclosing a conflict of interest.

A conflict of interest can arise in situations where:

1. Decisions about volunteer positions and roles, courses and activities, awarding of contracts or disciplinary action involve friends or family members.
2. An individual or their friends or family members may make a financial gain or gain some other form of advantage.
3. An individual is involved with another organisation that is in a competitive relationship with U3A Croydon and therefore may have access to our plans or financial information.
4. An individual has an affiliation or allegiance to other individuals, groups or agencies that require them to act in the interests of that person or agency.
5. An individual uses their position at U3A Croydon to coerce members to adopt certain beliefs, ideologies or theories.

What to do about a conflict of interest:

If you feel you have a potential or existing conflict of interest, or you have concerns about a situation that raises questions about a conflict of interest, please bring the matter to the attention of the Secretary and she will follow up on what steps to take next.

For more information you can review:

- ♦ U3A Croydon's Conflict of Interest Policy

You can download a copy of U3A Croydon's Conflict of Interest policy from our website or view a copy in the office

Guideline: What is a Conflict of Interest? V2 21/7/18

Page 1 of 1

WANTED ! - CHOIRMASTER

- ♦ Have you got the skills to lead our wonderful choir?
- ♦ Would you be able to guide this friendly and talented group?
- ♦ Perhaps you know someone who might be interested.

Please give Ingrid a call on 0409 543 644



CALENDAR DATES FOR YOUR DIARY

Victorian Energy Compare	Tuesday 21 August	Enrol online or come into the office
Newsletter contributions	Saturday 25 August	Please send copy for the next newsletter by this date
Equip4life	Tuesday 18 Sept	2nd last session for current participants
Seniors Wellbeing Expo	Tuesday 16 October	Karralyka - Ringwood
U3A CONCERT & DISPLAY	Sunday 28th Oct	Melba College Theatre
Equip4life	Tuesday 30 April 2019	Last session for 2018 participants

End of Term Three Newsletter is due to be posted 4th September, 2018 but will be on the website prior to that date. Contributions due Sat 25th August, 2018.

We especially welcome photos and contributions from Tutors and class members. These may be left at the office and labelled "Newsletter" before the above dates or emailed to the Newsletter Editor, Ingrid Tiltman at: send2ingrid@outlook.com If emailing contributions, please put "Newsletter" in the subject line.

Can also be posted to U3A Croydon Inc.,
PO Box 816, Croydon 3136.



If you hear of any member who is not well or has suffered a loss,

please contact our Welfare Officer Trish on 9736 4510 or 0412 499 800 or contact the U3A office.

"The only degree you need is a degree of enthusiasm"



The newly renovated Birdwood Avenue Scout Hall



Unfinished Objects (UFOs) getting finished !



Solution to Greg Sheehan's maths puzzle on page 5: The relationship between degrees F and degrees C is: $5F = 9C + 160$ (1) Put $C = 0.5F$ in (1) $5F = 9 \times 0.5F + 160$ Transposing $5F - 4.5F = 160$ $0.5F = 160$ $\square F = 320$ and so $C = 160$