

## End Term 1 Newsletter 2019

Vol. 2

### PRESIDENT'S MESSAGE

Hello members,

Our Annual General Meeting will be held on Thursday, 28th March at the Swim Log Cabin. You should have received an email or a letter about the upcoming meeting. I encourage you to attend and give your support and input to the running of the organisation.



It takes a huge amount of work and commitment to keep U3A Croydon running. We have over 900 members already this year and administer around 100 courses. Most of the work falls on the shoulders of a few people. We need you to help keep our hard working Committee functioning and to spread the load.

In my last President's message, I announced that we need to fill two important Committee positions, Treasurer and the Secretary.

Sue Martin, our current Treasurer has additional family commitments this year, and while she will stay involved and share the role with another member to maintain the day to day finances and reporting responsibilities, she is stepping down from the Committee. Sue called about 15 members with suitable backgrounds and asked for someone to help out, but no one was willing to give their time. We need someone with financial/accounting/bookkeeping experience to step into the Committee role of Treasurer and work with Sue and her colleague.

Our Secretary, Christine Hawkins, is nominating for the Events Coordinator role, which leaves the position of Secretary vacant. Christine and I phoned about 30 members with suitable backgrounds and asked for a volunteer to do either part or all of the role of Secretary, but again, no one put their hand up to help. We would like to have two people to share the role, someone to take on the 'Executive' aspect (described in our Constitution) and someone to be the minute taker. Both Christine and I have held the position of Secretary, so any volunteers who are willing to give of their time and experience in either of these roles would have plenty of support from us.

We also need people to help out with non-committee roles including, publicity officer and people with computer experience to assist with maintaining the database. Training will be provided.



We know our organisation makes a vital difference to the lives of retired citizens –the survey findings are evidence of this. Every member benefits from participation in U3A, but we need you to give back to the organisation to keep it running. We need your help!

If you can contribute your skills, experience and time to keep Croydon U3A running, please contact us.

Jenny Higgins,  
President

# From the Course Coordinator

I was reading a report recently about “healthy ageing” and it was the usual stuff that we all know ... maintain a healthy diet, get regular physical and mental exercise and stay connected with other people. But they mentioned one more key factor in maintaining a healthy life as we age, and it was “having purpose”.

As retirees we look forward to winding down, being able to travel more, make the most of outings or visits with friends, participating in activities that we enjoy, but for many, it's not enough. That's because we need “purpose”. We need to feel valued, to feel that we are making a contribution, and making a difference in the lives of others. So where am I going with this? Well, I hope you read our President's message on the front of this newsletter. We are in urgent need of assistance on committee. Two of our office bearers are having to leave their committee position. Our Treasurer and Secretary have both been contributing a great deal to U3A Croydon but personal circumstances mean they can't continue in their current roles. Here's your chance to find that “purpose”.

We are prepared to split the Secretary role into Minute Taker and Secretary. This would mean a lighter workload for both.

We have a Treasurer and Assistant Treasurer, but neither are able to attend committee meetings, so we need someone to take the title of Treasurer and be the liaison to report to committee.

I can assure you that it will be a rewarding adventure, you will be amongst a team of people who will value and support you AND YOU WILL HAVE PURPOSE!!!



## WALKING FOOTBALL (Soccer not AFL)

This is going to be a great new addition to our course list, coming mid Term 2. Maroondah City Council along with U3A network are supporting this initiative and are keen to see our members get involved.

Not sure what Walking Football is? Come to the grand launch on Thursday 30th May at the brand new Heathmont Stadium. More information on page 4 of this newsletter.

Hang on!! Maybe you want to help us form a team now. Let Ingrid know on 0409 543 644 and we'll arrange for you to visit Whittlesea U3A, where they have been running this program for 2 years. We'll even hire a bus and take you.



Ingrid - Course Coordinator



## Contents

President's Message	1
Course Coordinator	2
Computer Corner	3
Explore Melbourne	4
Walking Football (Soccer)	4
Speechcraft / AGM	5
Ringwood Highland Games	5
Committee and Positions Vacant	6
Term dates / Diary dates	6
Jim Dooley poem	7
Bass guitar / Can you help?	8
Steps to Wellbeing	8
Greg Sheehan puzzle	9
Tutors' Corner / Office volunteers	9
Watercolour art works (web only)	10



Whittlesea U3A women's team enjoying a match

## COMPUTER CORNER

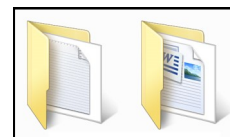
### SHORT-TERM COURSES

The following Short-Term classes will be available for Term 2, 2019. These classes will run for 1½ hours per session, once a week, which at the moment, will be on **Tuesdays at 11.00-12.30**. For more information on these classes check out the Course list on <http://u3acroydon.org.au/> or enquiries, such as your suitability, contact **Trevor or Joy** on **9729 9308**. You will also need to be a member of U3A Croydon to attend. There will be no computer fee for these classes. However, if there are notes distributed there will be a small charge for the cost of photocopying.

#### 1. COMPUTERS – MANAGING FILES

Do you struggle to understand how folders and files work and need that extra assistance to organise the files on your computer? To have a disorganised computer is like a messy house; it is time consuming looking for that file and is unproductive. For this course ONLY, you can bring along your own laptop provided it has its own power source, that is, a fully charged battery to enable you to work on your own files.

**Date: 30<sup>th</sup> April. (One week only)**



#### 2. COMPUTERS – PRINTING THE SCREEN

How many times have you wanted to copy something from your PC screen and didn't know how? This class that goes for one session will show you 4 different methods to do this.

**Date: 14<sup>th</sup> May. (One week only)**

#### 3. COMPUTERS - PHOTO APP

**Photo** is an application (program) that comes with Windows 10 in which your photos/pictures open up. There is a lot more to this app than you are probably aware of. This course will show you how to edit photos using the very basic tools provided but also how to create a video not only with photos but other videos. Create these videos adding sound, music and also narration.

**Dates: 21<sup>st</sup> & 28<sup>th</sup> May. (Two weeks only)**



#### 4. COMPUTERS - VOICE RECORDING

Have you ever needed a voice over/narration to use with a slide show or video and didn't know how to create one? You can even email verbal messages to other people. It may be quicker for you than typing a message. This course will show you how easy it is.

**Date: 11<sup>th</sup> June. (One week only)**

#### 5. COMPUTERS - MAIL APP

The **Mail** app which is similar to Outlook, enables you to view all your emails on one app, on or offline and working with them just as you would normally. This one session will show you how easy and convenient it is to use this app. You will need a Microsoft Account to use this app in the classroom.

**Date: 18<sup>th</sup> June. (One week only)**



#### 6. COMPUTERS - PUBLISHER

Do you regularly use Word for designing flyers, greeting cards, invitations, newsletters, etc. and have wondered whether there is an easier program out there? This session will give you an overview on how Publisher is ideal for creating these items.

**Date: 25<sup>th</sup> June. (One week only)**

To enrol for any of these classes it can either be done online or by going to the U3A office during office hours.

If you have any suggestions for Short-Term classes don't hesitate to call us. Or, if you are interested in teaching a course or know of anyone who is willing to share their knowledge, also contact us.

Trevor & Joy Bellinger 9729 9308  
U3A Computer Tutors



## EXPLORE MELBOURNE

Hello again everyone. First up some house keeping: It is essential that you book your spot with me before paying any monies to the office. Also please do not put money in at the office if you are not booked into a venue. Bookings are made with me, Gwen, on 9870 0483 when notification of venue appears in the Newsletter. Thank you everyone for having payments for Old Melbourne Gaol in by the due date.

**On Tuesday April 23rd** we are visiting The Police Museum which is in The World Trade Centre (WTC) in Flinders Street. Catch the 9.02 am train from Croydon to Southern Cross then a 15-minute walk to WTC where we will have morning tea at Jamps Café before our tour at 11 am. There is a gold coin donation on the day. However, as numbers are limited, it is essential that you book with me. You cannot “just turn up” on the day. We may or may not have a guide as this is dependent on availability. It is well worth visiting and extremely interesting. Please book with me on 9870 0483 to secure a place.



There are numerous food outlets in the WTC or cafes at the rear near Polly Woodside. You are also within walking distance of the Casino and a slightly longer walk to Southgate. Should you feel inclined, you can visit Mission to Seafarers, which is also on Flinders Street. Or you can return to Southern Cross Station and home.

Future dates for Explore Melbourne outings: May 21, June 18, July 23, Aug 20. Sept 17, Oct TBA.

**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.

## WALKING FOOTBALL (or you might call it Soccer)

Want to improve your fitness?  
Want to try out a new activity?  
Want to have some laughs and make new friends?

This fun and social form of exercise is gaining popularity all over the world and now we are bringing it to Croydon U3A.

Walking Football is soccer at a walking pace, played on a basketball court with around 5 a side (this is flexible depending on numbers attending).

It can be a men's team or women's team or mixed.

Trained instructors will teach you the game and provide warm up, coaching, umpiring and warm

down. It's fun, it's sociable and it's easy to learn. Equipment, uniforms and enthusiasm will all be supplied.

Not sure if this is for you?

On Thursday 30th May, there will be a grand launch of Walking Football at the brand new stadium in Heathmont. There will be demonstration games, plus a chance for you to have a go.

This initiative is sponsored by Maroondah City Council and the U3A Network

More information coming soon.



# SPEECHCRAFT

We are very pleased with our new venue at Ainslie Park Guide hall and grateful for all of the efforts made by Ingrid Tiltman, our Class Coordinator (and editor) and Allan Hawkins, Facilities Manager, to help us to move in on March 5th - Pancake Day. However we do remember happy times at the Scout Hall, especially those of us who started attending Trevor's kind and encouraging classes in 2014. We are very grateful that he continues to be our mentor.

We have been producing acronyms from the words January, February and March and offer some of the best ones:

*From Frank Brown (now 70):*

JANUARY - Jumping Ants Nesting Under A Red Yurt

FEBRUARY - Flighty Elephants Browsing Relentlessly Under A Ripe Yucca

MARCH - Mean And Restless Children Holidaying

*From Marj Beck:*

JANUARY - Jewish Adults Never Use Arguments Regarding Youth



FEBRUARY - Five Elephants Bolted Under A Resident's Yard

MARCH - Mothers Always Remember Children's Holidays

Joe Bast has used poetic licence with assonance to produce this catchy limerick -

*There was a young lady in Sydney,  
Who recently had a new kidney  
She complained to the surgeon,  
And said it was urgent,  
Saying "clearly this kidney don't fit me!"*



Our new member Wendy speaking to our group about her life.

Our next lunch at Sofia's Restaurant for Speechcraft members and friends will be on Friday April 12th at 12.00 midday. Do come!

Speechcraft - Tuesdays and Fridays, 2.00-3.30  
Ainslie Park Hall, Croydon.  
(Philippa Pavillard ph: 5961 5812)

## RINGWOOD HIGHLAND GAMES

We are delighted to advise that "The Croydonaires", who are all members of our Guitar and Ukulele Group, have again been invited to perform at this year's Ringwood Highland Games which will be held at a new venue, the J.W. Manson Reserve, Selkirk Avenue, Wantirna, on Sunday 31st March.

The Group will be performing in the Folk Marquee from 1.10pm to 1.50pm and have compiled a special programme of iconic Scottish and Irish songs entitled "A Drap O' Celtic" to suit the occasion.

If you can attend, the Group would greatly appreciate your support. Other features of the Games will include pipe bands, highland dancing, Scottish country dancing, heavy games, fun family activities, market stalls and great food, including whisky tastings, haggis and other Scottish treats – all worth sampling and not to be missed.



# ANNUAL GENERAL MEETING

## U3A CROYDON INC (Registration No. A0026437S) *Notice of Annual General meeting*

Notice is given that the Annual General Meeting of U3A Croydon Inc. will be held on Thursday 28<sup>th</sup> March 2019 at 10am in the Swim Log Cabin, Springfield Avenue, Croydon.

Please mark this date and venue in your diary now.  
**Classes will be cancelled and the office will be closed.**

## U3a CROYDON COMMITTEE 2018 / 2019

President	Jenny Higgins	president@u3acroydon.org.au	0400 884 688
Vice President	Shane Watson	shanew@eftel.net.au	0403 361 155
Treasurer	Sue Martin	treasurer@u3acroydon.org.au	0411 380 688
Course Coordinator	Ingrid Tiltman	coordinator@u3acroydon.org.au	0409 543 644
Course Administrator	Marg Atherton	atherton@alphalink.com.au	9729 6457
Secretary	Chris Hawkins	secretary@u3acroydon.org.au	0407 301 133
Systems Administrator	Trevor Bellinger	systeminfo@u3acroydon.org.au	9729 9308
Office Manager	Helen Amos	helen3136@gmail.com	0413 485 474

# POSITIONS VACANT

### MINUTE TAKER

We need someone to take minutes at our committee meetings which are held approximately every 6 weeks.

If you think you could do this or just want to find out more, please call Chris Hawkins on 0407 301 133 or Jenny Higgins on 0400 884 688 for more information.



### SECRETARY

Are you computer literate?  
Do you have some office skills?

Tasks include checking the post office box for mail, maintaining office filing system and contributing to committee discussion on various matters.

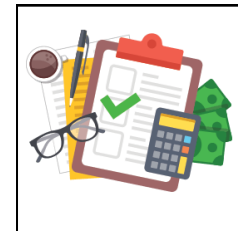


### TREASURER

This will currently be a committee position.

Our outgoing Treasurer and assistant are prepared to maintain the accounting system and manage the finances, but we need someone who has an understanding of bookkeeping who can liaise and report back to committee.

Meetings are held approximately every 6 weeks.



Guitar & Ukulele group would like to say we are saddened to hear of the death of one of our members. Doug Bird has not been able to join our group this last year because of his ill health but has been an active member in the past. We shall miss him. Sympathy to his family.

### TERM DATES 2019

Term 1: 29 Jan to 5 April  
Term 2: 23 April to 28 June  
Term 3: 15 July to 20 Sept  
Term 4: 7 October to 6 Dec



## DATES FOR YOUR DIARY

2019		
Thursday 28th March	10.00 - 12.00	ANNUAL GENERAL MEETING in Swim Log Cabin
Friday 5th April		Last day of Term 1
Saturday 13th April	1.00 - 4.00	Sing Australia Day (see page 9 of this newsletter)
Friday 19th April		Good Friday
Thursday 30th May	9.30 - 2.30	Launch of "Walking Football" at H.E. Parker Stadium in Heathmont



## HEARING THE POEMS AT THE U3A MORNING

*Hair and fingers and voices, if not waists, are thinning,  
visions aren't what they used to be, and sound  
waves uncertainly at the filaments of inner ears.*

*So it's only because we each hold a copy that we can  
hear to savour the poem : its cadences, its jingles and  
sonorities, its steady tread or offbeat bounces, even if  
sometimes our hearing aids start up their own whistling  
colloquy around the sunlit table.*

*Dutiful in concentration, alert to gather sound  
interpretations, we turn a deaf ear to our readers'  
infelicities : bead, or beard, for bread, fool for food, a  
tongue stumble, a gap filled in that falsifies the wished  
-for pause, the turn around a line-end broken.*

*The sweet narcotic incantation of pulse and flow lulls us  
into deep-breathed dream-shaping, conducts us into  
playing our parts in the mind music.*

*And sometimes, from beneath the waves of syllables  
rise, sensed, not heard, faint echoes of our submerged  
melodies, like sunken cathedral bells, voices of children  
glimpsed among trees in distant playgrounds, long goods  
trains rattling far off past midnight—frosted farms,  
the cries of gulls poised white above slipping tides.*

*These are the poems that lie within, beneath the  
poems, the languages beyond speaking, the songs of  
knowing that we didn't know we knew.*

(Jim Dooley)

Jim writes of our Potted Poets mornings summing up how it was for us. His gifts to us enriched our lives, sharing the beauty of poetry with laughter, sometimes sadness and friendship. We will miss him.

(Potted Poets, Wednesdays 10.00-12.00 at Ainslie Park Hall)



## TESTING AND TAGGING

Thanks to all members for their positive response to the testing and tagging of electrical equipment.

We know it is an inconvenience but your willingness to get on board with the program is greatly appreciated.



Allan Hawkins  
Facilities Manager

Would you like to learn to play the bass guitar?

Terry Foster can help you in the beginners' guitar class on Fridays, but you MUST speak to Terry first before you go out and buy expensive equipment.

Give Terry a call  
on 9728 4802.

Beginners' Guitar,  
Swim Log Cabin  
Fridays 10.45-12.15



## CAN YOU HELP?

Our family history group are soldiering on valiantly but really need an experienced leader to tutor the group. Can you do it or do you know someone who might be interested? Call Iris Chilton on 9725 9672 to find out more.

## AND

PIANIST for the U3A Choir - Bennie and Sue have been playing accompaniment for the choir but they are really in need of someone who can take on the role permanently. Is that you? Have a chat with Mary, the choirmaster on 0407 829 949

## Steps to Wellbeing



Free group workshops to improve your wellbeing. Ranging from one-off sessions to six-week programs, our evidence-based group workshops provide practical knowledge and resources to improve mental health and wellbeing.

Workshops in March, April and May include:

- ◇ Introduction to Mindfulness
- ◇ What is Wellbeing?
- ◇ Panic Attacks
- ◇ Flourish
- ◇ Self Compassion
- ◇ Creating Change
- ◇ Healthy Relationships
- ◇ Coming to Our Senses: Using the Senses to Improve Health and Wellbeing
- ◇ Stress Monster

All workshops are free.

Go to our website <https://www.stepstowellbeing.org.au> or call 8691 5450 for further details and bookings. Steps to Wellbeing also offers FREE and confidential individual coaching and support to people who would like to:

- ◇ Understand and identify early signs of stress, anxiety, or depression
- ◇ Make sense of their current situation (moods, emotions, stress)
- ◇ Develop strategies to support and improve wellbeing

Go to our website for further information about eligibility or to make an online referral. Our email address is: [stepstowellbeing@neaminational.org.au](mailto:stepstowellbeing@neaminational.org.au)

## Volunteers wanted for vision research

Older adults (aged 60-77) with **normal, healthy vision or glaucoma** (any age) are wanted for vision research. Up to three test sessions of approximately 2 hours are involved, which will include an abbreviated eye examination and computer based testing of vision.

Volunteers will be reimbursed \$20 per session to assist with any out-of-pocket expenses incurred in attending.

### Enquiries:

Contact the study team on 03 9035 9979 or email: Prof Allison McKendrick

[allisonm@unimelb.edu.au](mailto:allisonm@unimelb.edu.au)

Department of Optometry & Vision Sciences,  
The University of Melbourne.

Human Research Ethics Committee approved #1646955.6

## Another number puzzle from our puzzle master Greg Sheehan

### Voters' Roll

Mr W Blacksmith has just been elected as the mayor of his rural shire of Billawonga.

As they were leaving after the declaration of the poll, Mr B's wife, Verity, commented to him that his vote tally was an interesting 5-digit number. "If you multiply it by 7 and then by any digit from 1 to 9, the result is a number which consists entirely of repetitions of the chosen digit;"



"I'll take your word for it," he replied with a wry smile.

How many votes did Mr Blacksmith receive?

*(Solution page 10, web only)*



# TUTORS' CORNER

With the problems we are experiencing at Kent Avenue and the extra workload in trying to shift classes, plus the upcoming AGM, I have decided not to have a Tutors' meeting end of this term. If you have any matters of concern that you want to discuss or just need some feedback, please don't hesitate to email me at: [coordinator@u3acroydon.org.au](mailto:coordinator@u3acroydon.org.au) or ring me on 0409 543 644.

"Tutors' Corner" will be a regular feature of the newsletter and I hope to provide regular updates and information this way.

We are still getting members ringing the office to advise of absence/s from class. Please make sure your class members have your phone number so that they can ring you direct. Our office volunteers are directed to hand out the tutor's phone number to members who ask for it.

Name tags - at the risk of sounding like a broken record, please remind your members that they need to be wearing their name tags to class. Apart from making it easier to get to know each other, there is important emergency contact information on the back of the tag.

If members in your class don't have a name tag, ask them to call into the office anytime between 10am to 12.30 Monday to Friday and they will have one made for them on the spot.

Kent Ave - I have heard recently that the parking situation has now got worse. A number of classes have been moved out and I am working on finding venues for the rest of you. Storage seems to be a sticky problem with many venues not having anywhere for our classes to store items. Finding a spot on the exact same day and time is also problematic.

Ainslie Park Hall - 4 groups have moved into this very well kept Guide Hall in Croydon and are settling in well. Just a word of warning .... There is a boiling water tap at the sink, intended for making cups of tea and coffee. Please NEVER use that tap for rinsing cups, you will get scalded!

Enjoy your classes - Ingrid



**Sing Australia!**  
bringing the community together in song  
**13 April**  
Come and join us for our annual day of celebration

Sing Australia is a national network of singing groups promoting singing as an inclusive, everyday act available to everyone. They sing familiar and new songs. Its members form lasting friendships within a supportive community. The singing groups share their infectious love of singing with the broader community, performing in significant events and special places throughout the year. Groups and members also connect with each other through national gatherings and tours. Come and find out more about Sing Australia and see if it's for you!

Ringwood Uniting Church  
Cnr Station St & Greenwood Ave.  
Ringwood.  
(Opposite Ringwood station)  
1:00 PM - 4:00 PM  
Doors open at 12:30  
Entry \$10 per person  
Includes afternoon tea  
Contact Elion: 0412 142 867

'Sing Australia's day for everyone' - Colin Slater OAM Founder and National Director

## OFFICE VOLUNTEERS

I hope everyone is enjoying Term 1. Thank you to all the volunteers who have assisted in the office during the Term.

A few things to note:

- ♦ To choose your date for Term 2. Call into the office and fill in the blank copy for Term 2.
- ♦ The roster for Term 2 will be sent via email 13<sup>th</sup>/14<sup>th</sup> April. If you do not receive the roster by 16<sup>th</sup> April please let me know: Sue 0431 068 173 or [suelakeland@optusnet.com.au](mailto:suelakeland@optusnet.com.au)
- ♦ If you would like to volunteer in the office and would like to know more please contact Sue on above details or Marg 0423 473 783 [margaretdbsn@yahoo.com.au](mailto:margaretdbsn@yahoo.com.au)

Happy Easter,  
Sue and Marg



NEWSLETTER	Deadline for copy to be submitted
Start Term 2	Saturday 20th April
End Term 2	Saturday 8th June
Start Term 3	Saturday 20th July
End Term 3	Saturday 31st August
Start Term 4	Saturday 12th October
End Term 4	Saturday 23rd November



Start Term Two Newsletter is due to be posted 30th April 2019 and will be on the website on the 27th April. Contributions due Sat 20th April 2019.

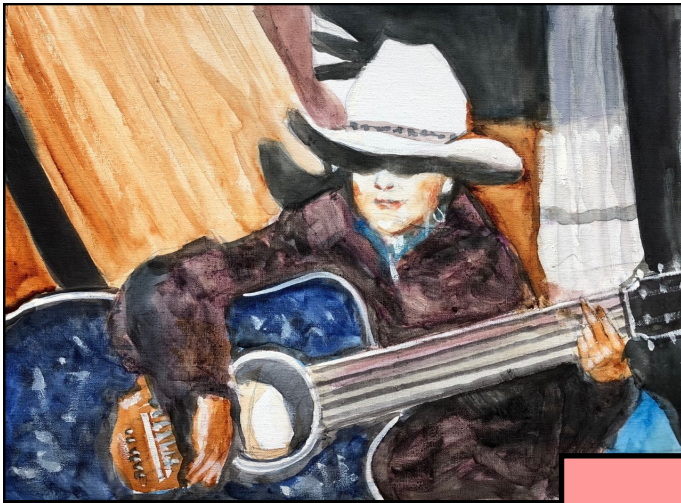
We especially welcome photos and contributions from tutors and members about your involvement with U3A. These may be left at the office and labelled "Newsletter" before the copy date or emailed to the Newsletter Editor: Ingrid Tiltman at: [newsletter@u3acroydon.org.au](mailto:newsletter@u3acroydon.org.au)

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 email the office.



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



Brian Casey



Lorraine Manderson

**WATERCOLOUR  
MONDAY AND  
WEDNESDAYS  
Swim Log Cabin**



Anne Poynter



Dave Morgans



Jenny Tiller

**Solution for Greg's puzzle from page 8**

Let the vote number be of the form  $10,000 + x$

Let  $n$  be the chosen digit

$$7n(10,000 + x) = n \times 111,111$$

Cancel  $n$  on both sides and multiply through

$$70,000 + 7x = 111,111$$

Transposing

$$7x = 111,111 - 70,000 = 41,111$$

$$\text{So } x = 5873$$

Answer: Hence the number is  $10,000 + 5873 = 15,873$

Proofing test example:  $15,873 \times 7 \times 8 = 888,888$