



## PRESIDENT'S MESSAGE

So much has happened since our last newsletter. On 20th March Michael Sukkar, member for Deakin announced a \$2 million commitment from the federal government as a down payment on a new home for U3A Croydon within the proposed Croydon Community Hub. The project will be managed by Maroondah City Council and a master plan is currently being developed.



Then on 15th April ALP candidate for the seat of Deakin, Shireen Morris, announced a \$500,000 injection of funds to redevelop the Springfield Hall pavilion if they win the upcoming federal election. U3A will share the premises with a number of sporting clubs.

Thank you to all who attended our Annual General Meeting on 28th March. We were fortunate to have Richard Joseph, the Active and Healthy Ageing Coordinator from Maroondah City Council, speak at the meeting about Walking Football, a fun new activity to keep older citizens healthy and active. We will be offering Walking Football as a 'course' if you would like to participate.

At the AGM two Committee members did not nominate again. We thank Sue Martin, outgoing Treasurer who will assist our new Treasurer, Bernie Simmonds. We welcome Bernie. We also thank Shane Watson, outgoing Vice President. We welcome Annie Cutler who is our new Secretary. Christine Hawkins, who did the Secretary's job last year, is now our Events Coordinator. A full list of Committee Members and their positions is listed on page 5 of this newsletter.

A number of long service awards were handed out to volunteers who have contributed 15 and 10 years service for U3A Croydon, and Geoff Kidd, our website manager was acknowledged for his amazing work in revamping our new website.

At the meeting members passed a resolution to increase our fees by \$5 to \$55 per annum as of 2020. The increase is necessary as our rents are increasing with the relocation of classes from Kent Avenue to more expensive venues.



Earlier in April our Course Administrator, Marg Atherton, was presented with a Deakin Award for her many years of outstanding community service. Congratulations Marg! Well deserved.

I hope you are enjoying the beautiful autumn weather!

Warm wishes,  
Jenny Higgins, President

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## From the Course Coordinator



Welcome back for Term 2. A number of classes will be relocating at the start of this term to another venue, with a few more to move shortly. Little by little Kent Ave Scout Hall is being vacated. Thank you to all the tutors and members who have been so accommodating and patient with the process. I hope you enjoy your new surrounds!



I would like to add my congratulations to Margaret Atherton on her Deakin Award. Marg is the person who works quietly and diligently at keeping our data base in order and answering endless member questions. She puts in an enormous amount of hours and her depth of knowledge and attention to detail means we know that anything that falls within Marg's portfolio will be done well.

Committee members were delighted to attend the Awards night with Marg.

### WALKING FOOTBALL (Soccer, not AFL)

Much planning has gone into the introduction of Walking Football to Croydon U3A, a combined initiative between Maroondah City Council, Knox U3A, Melbourne City Football Club and U3A network.



Walking Football is open to both U3A and non U3A members, so if you have friends who might be interested, invite them along to the launch and the weekly games. Non members will be charged \$2 per week to participate. No charge to U3A members. All the information that you need to know is on page 4 of this newsletter.

If you have any questions or have any difficulties with the website or registering, please give me a call on 0409 543 644 and I'll be happy to "walk" you through it (pun intended).

### YOGA AND TAI CHI

At Croydon U3A we implemented a "no duplicates" policy for Yoga and Tai Chi. That is, members are not permitted to enrol in more than one Yoga or more than one Tai Chi class. These classes are extremely popular so we want to ensure that as many members as possible, get the chance to participate. At a recent committee meeting, it was agreed to relax this rule for Terms 2, 3 and 4. This means that from the start of Term 2, if you would like to enrol in a second Yoga or a second Tai Chi class, provided there is a vacancy, you may do so. The no duplicates rule however stands for Term 1.

### HAVE YOUR SAY! QUESTIONS AND SUGGESTIONS FROM THE MEMBERS' FEEDBACK SURVEY

As promised, we will try to respond to some comments and suggestions you made when you completed the Members' Feedback Survey. We will incorporate a few responses in each of the upcoming newsletters. You can see some responses on page 7 of this newsletter.



Wishing all the mums and grandmums a very happy Mothers' Day.

Ingrid - Course Coordinator



### TERM DATES 2019

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



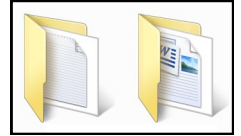


## COMPUTER CORNER

### SHORT-TERM COURSES

There are still vacancies in all our Short Term Computer Classes. It is not too late to sign up for any of these courses anytime during the term before the class commences. But don't leave it until the last minute otherwise you may miss out as these classes may not be made available again. Take up the opportunity while it is there. Full descriptions of each of these classes are on the website or call Trevor or Joy on 9729 9308 for enquiries.

1. COMPUTERS – MANAGING FILES - Date: 30th April. (One week only)
2. COMPUTERS – PRINTING THE SCREEN - Date: 14th May. (One week only)
3. COMPUTERS - PHOTO APP - Dates: 21st & 28th May. (Two weeks only)
4. COMPUTERS - VOICE RECORDING - Date: 11th June. (One week only)
5. COMPUTERS - MAIL APP - Date: 18th June. (One week only)
6. COMPUTERS - OVERVIEW/ PUBLISHER - Date: 25th 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.

Term 3 we will be introducing a couple more new courses such as “Touch typing” (keyboarding) and “Backing up your Computer“ which will cover how file history works. For more information on these check out the next Newsletter or on the website Course List.

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



A big thank you to all the helpers who set up the hall, packed up and assisted with serving lunch to members at the AGM.



### BUSH WALKING IS FUN



This photo was taken at the top of Mt Dandenong at the completion of a bush walk from The Basin, a tough walk uphill all the way. A welcome morning tea stop at the top was a great remedy. (Merv Amos)

## EXPLORE MELBOURNE

Our next outing will be to The Melbourne Costume Collection in Bulleen on Tuesday 21st May at 11am. Catching 9.24 train from Croydon Station to Box Hill. Then to 903 bus (destination Altona) at 9.54 to Bridge Street from where we have a short walk to reach our venue. Be aware there are stairs. Unfortunately, as the collection is in an industrial estate there are no cafes available for morning tea, we therefore suggest you bring a bottle of water and small nibbles. For lunch you can get a bus into Heidelberg, or bus back to Box Hill. We will probably get off the bus to Box Hill at Doncaster Shopping Town where there is an excellent food court. Cost is \$5 to be in office by Monday 13th May. Remember money in envelope with your name and outing in capital letters. Last carriage. Please ensure you wear your name tags where we can see them. Ring me Gwen Owen 9870 0483 to book.

Tuesday 18th June we are going to the **Hellenic Museum**, housed in the former Royal Mint. It was created to promote the cultural and artistic heritage of ancient and contemporary Greece. BOOKINGS FOR THIS OUTING WILL NOT BE TAKEN BEFORE 9 AM ON THURSDAY 16TH MAY. Cost is \$10 to be in office no later than Friday 7th June. Last carriage 9.24 train from Croydon to Flagstaff Station. We are hoping to have morning tea at the Radisson. They also have a reasonable lunch menu. Numbers are very limited for this venue so if you do book and then find you are unable to attend please cancel asap to allow someone else to take your place. As usual book with me Gwen Owen 9870 0483. Should an exceptional number of you miss out I will consider doing it again. Please do not put money into office until you know you have a spot.

Future dates for Explore Melbourne outings: 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 (soccer) - What you need to know

### Walking Football Launch (free)

- ◆ Thursday 30<sup>th</sup> May, from 9.30am at the HE Parker Multi Sports Complex in Heathmont  
52 Heathmont Road, Heathmont,  
Melways pp 64 D2
- ◆ Friendship tournament with teams coming from various U3A groups across Melbourne
- ◆ Come & Try games - give it a go yourself
- ◆ Morning tea and lunch provided
- ◆ Non U3A members welcome
- ◆ Wear comfortable clothing and sports shoes, no black soles
- ◆ To attend this event, you must register online

**Please note: Registrations close Friday 24th May**

### Walking Football weekly sessions

- ◆ Starting Thursday June 6<sup>th</sup> at John Frost Stadium, Cheong Park, Eastfield Road, Croydon.  
10.00am till 12.00 noon.
- ◆ Melbourne City Football Club will be providing coaches and referees to help you learn the game
- ◆ All equipment will be supplied.
- ◆ Non U3A members welcome
- ◆ Wear comfortable clothing and sports shoes, no black soles
- ◆ To participate you must register online on the Maroondah City Council website.
- ◆ U3A members should also enrol in the course via our website Courses List or come into the office.

**HOW TO REGISTER—** Go to: <http://www.maroondah.vic.gov.au/Home>, then type "Walking Football" into the search bar. This will take you to an information page and a blue button, where you can register for the launch or the weekly sessions or both.

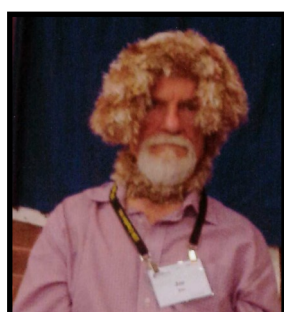
## U3A CROYDON COMMITTEE 2019 /2020

President	Jenny Higgins	president@u3acroydon.org.au	0400 884 688
Vice President	(vacant)		
Secretary	Annie Cutler	secretary@u3acroydon.org.au	0411 165 929
Treasurer	Bernie Simmonds	treasurer@u3acroydon.org.au	0407 334 419
Course Administrator	Marg Atherton	atherton@alphalink.com.au	9729 6457
Course Coordinator	Ingrid Tiltman	coordinator@u3acroydon.org.au	0409 543 644
Systems Administrator	Trevor Bellinger	systeminfo@u3acroydon.org.au	9729 9308
Office Manager	Helen Amos	helen3136@gmail.com	0413 485 474
Events Coordinator	Chris Hawkins	chawk@bigpond.com	0407 301 133

## SPEECHCRAFT



Our first term in 2019 ended by celebrating Easter with Simnel marzipan cakes, and our holiday lunch at Sofia's was well attended.



Sharon Paull gave a lively and practical speech on the history of scarves and we tried out different ways they can be worn. Joe Bast is pictured wearing a new style which he invented!



Sharon herself is shown wearing an attractive one and also holding her new ukulele which she is learning to play at Frank Brown's class for beginners.



We look forward to resuming our studies on Tuesday April 23rd - Shakespeare's birthday and also St George's Day.

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

**PLEASE REMEMBER TO WEAR YOUR U3A BADGE TO CLASSES**



## DATES FOR YOUR DIARY

2019		
Tuesday 30th April	2.00 - 3.30	Last session of 2018 Equip4life program, Swim Log Cabin
Thursday 2nd May	8.30 - 1.30	Bus trip to Whittlesea, Walking Football
Saturday 18th May		Federal Election
Thursday 30th May	9.30 - 2.30	Launch of "Walking Football" at H.E. Parker Stadium in Heathmont
Thursday 6th June	10.00 - 12.00	Weekly Walking Football games start at John Frost stadium, Cheong Park



## 2019 Dinner Date

It has been a great start to our Dinner Dates for 2019 with 40 like-minded people enjoying a social atmosphere and meeting new friends. In Croydon and surrounds we are blessed with a good variety of cuisines to choose from. Our first outing in February was Sofia Restaurant in Croydon with 32 members present. In March we ventured



to the Olinda Creek Hotel in Lilydale where from all the positive feedback was a huge success. The 30 members present had a bonus of 2 meals for the price of 1 on offer. Pairing off ensured that the meal was not only delightful but also cheaper. Our April venue was 38 Buffet in Ringwood East an all you can eat Chinese Restaurant with 22 members present. I hope to have a few surprises for you in the future as we check out other restaurants in the area.



Please ensure that you are wearing your U3A badge on all outings. This is not only required for health and safety purposes but also will assist me in getting to know you all.

NB: As confirmation of venues will be notified by email please check your Junk Mail Folder for emails that may have been misdirected by your provider.

Bon Appetite, Merv  
Tutor (Host) Merv Amos

## RINGWOOD HIGHLAND GAMES AND CELTIC FESTIVAL

This year's Highland Games were staged on Sunday 31st March at a new venue, the J.W. Manson Reserve, Wantirna and, despite an overcast sky and some "Scottish mist" (heavy showers of rain), the Folk Tent attracted large audiences to hear the music and songs presented by our talented members.



First of the rank were "The Croydonaires" (15 members of our Guitar and Ukulele Group) who presented a special programme of 12 iconic Scottish and Irish songs entitled "A Drap O' Celtic" which had the audience tapping their feet

and clapping their hands in time to the music and singing along with the group to well-known and well-loved melodies.



This was followed by our U3A Singers, conducted by Mary Strachan with piano accompaniment by Sue McLeod, who presented a kaleidoscope of Scottish, Irish and Welsh songs too numerous to mention but greatly appreciated by a captive audience.



Public performances by our members at such a well-attended event provides an excellent way to promote U3A to the local community and we must congratulate all concerned on their efforts. Photos and videos of this event can be viewed on the U3A website.

# TUTORS' CORNER

**ATTENDANCE** - I have had a number of members ask me why they have been summarily tossed out of a class. With no forewarning, they have received an email saying they have been removed from the class. Whilst we have a policy of removing members from a class after 3 consecutive absences, I think we need to be clear about the responsibilities of you, the tutor. The U3A office is not in a position to know if this person has a legitimate reason for being absent or if it is a marking error on the part of the tutor or if the member has been careless in not notifying the tutor.

We rely ENTIRELY on your returned attendance sheet to determine if anyone should be removed. Please, tutors, make sure you enter attendance information correctly:

- ♦ A tick ✓ if the person is present
- ♦ An A if the person has notified you of their absence (or does so later)
- ♦ A dash - if the person is absent and you have not been notified
- ♦ Cross out the person's name if they have informed you they are not returning, and let the office know, so that someone else can have that spot
- ♦ If necessary, scribble a note to the office on the bottom of the attendance sheet to clarify.



Important note: When a person has 3 consecutive absences without notification, please, before you have them removed, contact that person to find out why they aren't attending. They may have been in hospital, or taken up with a family crisis or just simply forgot to let you know. If forgetting was a crime, I would have been jailed long ago!!! Ingrid

## MEMBER SURVEY QUESTIONS/SUGGESTIONS

*I would suggest to bring back the old "New Members Welcoming" program that enables the new as well as the current members to meet the Committee members in person on that occasion.*

We love this idea. The Committee will consider your suggestion and see if we can do something. We now have a Social Committee so have people to organise the event. The difficulty, as usual, is finding an appropriate venue.

.....

*Can an expression of interest be requested of tutors and members in running or participating in school holiday programs, similar to some other U3As? Some could be introductory programs while others could be one-off programs.*

We can certainly ask tutors but it is also important that tutors and committee have a break and a holiday themselves. And we would have to renegotiate our hire agreements with many venues to be able to use them in holidays. Might be possible in a limited capacity. Thanks for the suggestion.



NEWSLETTER	Deadline for copy to be submitted
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

## Assisted Transport for People Over 65 years of Age

Eastern Volunteers now offers assisted transport for people over 65 years of age. If you need assistance with shopping, someone to stay with you when going to the GP or when you are out for a coffee then we can assist you.

We are also looking for volunteer support persons to assist people. You can access this service through My Aged Care and make sure you ask for Eastern Volunteers. More information at :

<http://easternvolunteers.org.au> (9870 7822)

OR <https://www.myagedcare.gov.au> (1800 200 422)

## Another number puzzle from our puzzle master Greg Sheehan

"Five in a row"  
Can you think of a place name in the Greater Melbourne area that contains five consecutive letters which are not vowels?

**Clue:**



+



(Solution page 8, web only)



End Term Two Newsletter is due to be posted 18th June 2019 and will be on the website on the 15th June. Contributions due Sat 8th June 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.



Val Tankey



Annette Taylor



Ruth Thorpe

Watercolour classes  
Mondays & Wednesdays  
Swim Log Cabin



Riet Taal



Solution to Greg's puzzle on page 7  
Hurstbridge