



VICE PRESIDENT'S MESSAGE

In June Jenny Higgins stepped down as our President. As the position of Vice-President wasn't filled at our AGM, we found ourselves void of a President, so the Committee appointed me as Vice-President in addition to the position of Treasurer.

Thank you, Jenny, for your service to us. You will be missed, not only at our meetings but the leadership and enthusiasm that has driven U3A over the last 18 months. Organisations like U3A need to be able to serve our community in a changing world. Your drive and vision have helped us stay relevant.



Fortunately, our committee is filled with very capable and enthusiastic people. I am also very grateful to Sue Martin who stayed on as Assistant Treasurer and does the day-to-day accounting. Thank you, Sue.

Ingrid and I met with the Infrastructure and Project staff at the Maroondah Council where they briefed us on their plans to develop the Master Plan for the Croydon Community Precinct. They intend to include our 'New U3A home' within this precinct, using the \$2M Commonwealth Government grant arranged by Michael Sukkar. We will continue to meet with them and other stakeholders to find the best possible solution to meet our needs for facilities for lifelong learning and activities into the future.

Bernie Simmonds

Vice President

OFFICE VOLUNTEERS

I hope you all enjoyed the holiday break. By now you should have received and checked your Term 3 roster. Any problems please let me know as soon as you can. (email suelakeland@optusnet.com.au or phone 0431 068 173).

Don't forget the Term 4 roster is in the back of the folder in the office, take the opportunity and put your name down for Term 4. Also leave a note if you are not available during Term 4 or let me know.

Keep warm. Sue Lakeland



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From the Course Coordinator



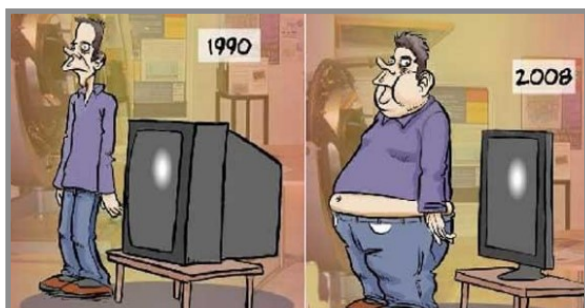
Recently I attended a "Physical Activities for the Over 60's" forum and heard several speakers talk about why we all need to become more active.

Statistics show that many of us are not meeting recommended levels of physical activity and there's compelling data that shows it will do you the world of good to get more active. The data also shows that many of us want to be more active, so what are the barriers that prevent us from increasing our participation in physical activity and what can we do about it?

Some of the answers to these questions lie in the type of physical activities available to us and our motivation.

Dr Katrina Rank from AusDance Victoria spoke about the all round benefits of dance. Apart from being a good workout, it also improves cognitive function and memory as well as space awareness and balance. And it's fun!! And that's the key to participation we need to find an activity we enjoy that gets us moving. Dr Rank had all the forum participants dancing away whilst seated in their chairs to the sound of Queen's "We Will Rock You" and I can tell you there wasn't a grumpy face in the room.

How many hours a day do you think you sit? Even if you class yourself as fairly active, you would be astounded at the number of hours. Sitting is now the predominant waking behaviour and is associated with increased risk of many chronic diseases which is particularly detrimental in older adults. Our modern lifestyle has contributed to this increase in sedentary behaviour so the message was that it is up to you to do something about it. Try to break up long periods of sitting as often as you can and be mindful of the amount of time you sit.



An innovative idea presented at the forum was "Playgrounds for Seniors". Fitness and exercise equipment currently found in parks and reserves are generally not

suitable for seniors but a model was presented of an exercise park that specifically targets mobility, balance and coordination skill development.



A novel idea - would you go and play? This is public infrastructure that provides physical activity and social connection at no cost. Perhaps Maroondah City Council will consider building one of these Senior Exercise Parks into their new Croydon Community precinct hub.

I want to give a special thanks to our Australian History class. I received a call from Ringwood U3A recently, asking if we could help them with an Australian History tutor. I contacted the class and 3 of our members kindly offered to provide some Australian History sessions for them. A great example of co-operation between U3As.

I'm always reminding members to wear name tags but what do you do if you've lost or damaged yours? Easy call in to our U3A office and one of the volunteers will make a new one for you. Name tags are not renewed each year so you need to hang on to the one you've got from one year to the next.

Beginners Table Tennis

I'm looking for someone to lead a Beginners Table Tennis group. The role would involve the usual tasks of opening and closing the venue, recording attendance, but also some coaching of the members. If you are interested, please give me a call.

And it's not too late to sign up for some new activities. Check out our website or page 4 of this newsletter for information.

Ingrid 0409 543 644



NEWSLETTER	Deadline for copy to be submitted
End Term 3	Saturday 31st August
Start Term 4	Saturday 12th October
End Term 4	Saturday 23rd November

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



COMPUTER CORNER

Once again I would like to remind anyone who enrolls in any of the computer classes that run for a term, that everyone is placed on a 'wait list' before being elevated into the class. A 'Wait List' DOES NOT INDICATE THE CLASS IS FULL. If you are unsure of the vacancies contact the tutor of the Course. If we get sufficient enrolments prior to the course commencing it is then, that the pupils will be elevated into the Course. When this occurs the pupils who are enrolled will receive an email notifying them of this so that they will know and be able to pay their Computer Fee of \$20 before the class starts.



The new short-term classes have been very popular. If you missed out attending any of them or would like to do one again please let me know so I can consider conducting them again. Also, if you want to attend a short term course YOU NEED TO ENROL prior to the class commencing. You cannot simply turn up on the day expecting to participate without having enrolled. There are times, that certain preparation needs to be done prior to the start of the course by the pupils. Going unprepared makes it difficult for the course to run smoothly.

SHORT-TERM CLASSES FOR TERM 3 THAT STILL HAVE VACANCIES

PHOTO APP

Wednesday 10.30 – 12.00 noon

7th-14th August 2019

The Photo app is part of Windows 10 and is the app that photos are viewed in. But, did you know, that there is a lot more to this app than you may realise?



The first session will show you how to remove red eye, touch-up small blemishes and improve photos, using the very basic tools that are provided in this app. The second session will show you how to create a video not only with your photos but other videos, adding sound and music, etc.

In addition to this course I will be running a short-term course on Voice Recording (Narration) to show you how to add narration to your own created videos. This course will be on Wednesday 9th and 16th October (Term 4) at 10.30 -12.00 noon.

ONEDRIVE

Wednesday 10.30-12.00 noon

21st August-4th September

OneDrive is Microsoft's service to store, sync and share files including photos in the cloud. OneDrive enables you to access your files and folders you have saved on OneDrive by using any computer, smartphone or tablet, anywhere you are in the world, provided you have an internet connection. You can share the files with other people by giving them access. Not only does it save you space on your own computer, but can be used as an offsite backup for all your files. You can learn all about this by attending this course.



For more information please phone Joy on Ph: 9729 9308

Computer Courses Term 4

There are vacancies for the following Computer courses for Term 4:

- ♦ Computers-Beginners Level 1
- ♦ Computers-Level 3
- ♦ Ipad beginners

It is not too early to enrol right now. As I need to finalise all the computer courses a few weeks prior to the new term commencing, I would appreciate it if you did NOT wait until the last week or so before the course starts before deciding to enrol, as I may have already cancelled the class due to insufficient enrolment numbers for that particular class.



Trevor Bellinger,
Computer Course Tutor 9729 9308

CHECK THIS OUT

NEW COURSE COMING IN TERM 4 "BRING YOUR OWN DEVICE"

We are currently accepting expressions of interest from interested participants in a FREE Government-funded course using your OWN mobile phone, iPad or Android tablet, or laptop computer. This course is aimed at helping the absolute novice and others to use technology.

At the end of the term you should be able to:

- Use your own device effectively
- Use email (with your own email address) on your device.
- Use What'sApp, Skype or Facetime, (depending on your device), for video calls.
- Use the internet for information, education, research, recreation etc.



You will learn the basics of going online including:

- being safe whilst online.
- talking to or seeing family and friends who live far away.
- finding new friends or old friends who share similar interests and hobbies.
- keeping up to date with what's happening in your community and around the world.
- shopping online, safely and securely, without leaving home.

This course is to be run as a workshop with volunteer helpers to assist. Some one-on-one assistance may be available. There are NO pre-requisites; you just need some type of device and motivation to see what you can achieve. Course is ideal for people who struggle with technology and want to learn in a friendly and supportive environment.



To enrol in this course or to get more information, please phone Trevor Bellinger on 9729 9308

U3A CROYDON OPEN DAY

Monday 21st October, 2019 in the Keystone Hall from 10am to 3pm.

Please mark your calendar now.

Members, why don't you bring your family and friends to show them what you do at Croydon U3A and share in this day of celebration in Seniors' Week

There will be tea/coffee and cake for sale, demonstrations, course information, performers plus art/craft display and sales.

(Open Day will be held in place of the Annual Concert)



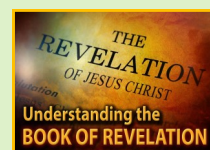
ONE OFF PRESENTATIONS

MEMBERS!! - We have a number of one off presentations coming up so please check out the information below and head to our website to sign up. Don't delay, if we don't get sufficient numbers the session will be cancelled. You can also enrol at the office.

THE BOOK OF REVELATION

This presentation will give you an overview of Biblical prophecy. Whether you are believer or atheist this Book deserves your attention.

There are 2000 Bible prophecies which have been fulfilled already, and 500 prophecies which are still to come. Audience participation is welcome. Paul Ambrose has promised a fun time together.



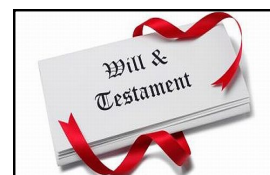
Tuesday 6th August, from 1.00—3.00 in the Swim Log Cabin

WILLS, PROBATE AND POWER OF ATTORNEY

Michael O'Brien is an experienced probate lawyer who will answer your questions about making your will, applying for probate and the rules surrounding power of attorney.

Comprehensive, easy to read information will be supplied to all participants before the session. Find out now how best to provide for yourself, your family and avoid problems.

Tuesday 20th August, 1.30—3.00 Swim Log Cabin



Also coming up soon, "The Life You Can Save", a discussion and information on how to get the most out of your donation \$\$\$

Tuesday 17 September, 2019

And "What is NBN?" A presentation that will take the mystery and misinformation out of this controversial subject. There'll be plenty of opportunity to ask questions.

Wednesday 9 October, 2019

More information soon, mark your calendar now and be ready to enrol when these 2 presentations appear on the Course List

EXPLORE MELBOURNE

Hello everyone. Our next outing is on **Tuesday 20th August** to the Victorian Telecommunications Museum in Hawthorn. See how communication equipment has developed since the first telephone instrument was first used in Victoria in 1876. Last carriage 9.24 am train from Croydon to Glenferrie. Morning tea has been arranged at a local facility. Our tour begins at 11 am and there are numerous cafes where you can purchase lunch if required. **Cost \$5** to be in office by **Friday 9th August**. Ring 9870 0483 to book. Wear name tags.



Tuesday 17th September Flemington Heritage Tour. A 'behind the scenes' look at Flemington Racecourse. **Cost \$15** to be in office no later than **Thursday 5th September**. Last carriage 9.02 am train from Croydon to Flinders Street Station. No. 57 Tram from Elizabeth Street to stop 30. We are unable to have morning tea so I suggest you carry a small bottle of water and nibbles. Lunch is available at Head Quarters Tavern or you can return on tram to Flinders Street. No requirement to book for lunch, you can decide on the day. Ring 9870 0483 to book. Please wear name tags. Remember correct money in envelope with Your Name and Outing in Capital Letters and given to Day Manager. Make sure your payment is recorded. **Separate envelope for each outing please.**

Bookings for this outing will not be accepted before 9 am on Thursday 22nd August.

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.

SPEECHCRAFT

We celebrated the end of Term 2 with a cheerful and well attended lunch for Speechcraft, Potted poets and friends at Sofia's Restaurant on July 2nd.

One of our class members has provided us with a poem describing parts of speech:

8 Parts of Speech

Adjectives	Adverbs
Conjunctions	Interjections
Nouns	Prepositions
Pronouns	Verbs

PARTS OF SPEECH POEM

Every name is called a noun
 As *field* and *fountain*, *street* and *town*.
 In place of noun the pronoun stands,
 As *he* and *she* can clap their hands.
 The adjective describes a thing,
 As *magic* wand or *bridal* ring.
 The verb means action, something done,
 As *read* and *write* and *jump* and *run*.
 How things are done the adverbs tell,
 As *quickly*, *slowly*, *badly*, *well*.
 The preposition shows relation,
 As *in* the street or *at* the station.
Conjunctions join, in many ways,
 Sentences, words or phrase and phrase.
 The interjection cries out, "Hark!
 I need an exclamation mark!"

And here are some limericks and rhymes:

A handsome young rodent called Gratian
 As a lifeguard became a sensation,
 All the lady mice waved
 And screamed to be saved
 By his mouse to mouse resuscitation

An old Danish jester called Yorick
 Drank a gallon of pure paregoric
 My jokes have been dull
 He said, but my skull
 Will, one of these days, be historic!

Said Hamlet to Ophelia
 "A sketch I'll make of thee -
 What kind of pencil shall I use?
 2B or not 2B

I would like to thank everyone who helped to make my recent 90th birthday such a happy and memorable occasion. I really appreciated the lovely cards (some handmade), flowers, gifts and kindly warm hearted messages plus several parties. I am most grateful.
 Philippa Pavillard



U3A CROYDON COMMITTEE 2019 /2020

President	(vacant)		
Vice President	Bernie Simmonds	vicepresident@u3acroydon.org.au	0407 334 419
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	events@u3acroydon.org.au	0407 301 133

TUTORS' CORNER

Welcome back to Term 3. I hope classes have started well.

Tutors, please remind your members to wear their U3A Croydon name badges. At our recent Tutors' meeting we discussed the benefit for members to have important medical information recorded on their name badge (perhaps on a slip of paper inserted into the plastic cover). This is of course voluntary, but in the event of having to call an ambulance it may turn out to be important information to pass on.

Remember, even if you are trained in first aid, it is not your job to diagnose or treat, your first priority is to call an ambulance or the emergency contact and to monitor the patient, protect and support them until help arrives.

Ingrid - Course Coordinator

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. Phone: 9870 7822



Another number puzzle from our puzzle master Greg Sheehan

What Number Is That?

WNIT is a TV quiz program which aims to promote community numeracy. Miss Quirk has been persuaded by her students to participate. In last week's session she faced this question.

*What is the missing number x in the following string?
2, 3, 5, 8, 13, 21, 34, x , 89, 144?*

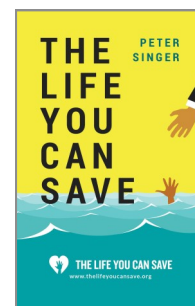
(Solution page 8, web only)

THE LIFE YOU CAN SAVE (TLYCS)

Do you donate to charity? Do you wonder if your \$\$\$ actually get to the recipient. Is it too hard to figure out so best not to donate at all?

"What if you knew you could save a life, even many lives?" Peter Singer's book *The Life You Can Save*, was described by Bill and Melinda Gates as "A persuasive and inspiring work that will change the way you think about philanthropy."

Take part in a talk with slides and videos to become informed of robust research, and decide which charities provide the most effective use of someone else's donated \$100.



Tuesday 17th September in the Swim Log Cabin

(Time to be advised—will be pm)

DATES FOR YOUR DIARY

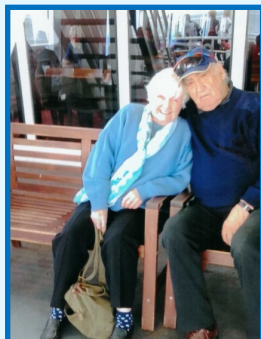
2019		
Tuesday 6 August	1.00—3.00	"Book of Revelation" at the Swim Log Cabin
Tuesday 20 August	1.30—3.00	"Wills, Probate and Power of Attorney" at the Swim Log cabin
Friday 20 September		End of Term 3
Tuesday 24 September		Volunteers' Lunch
Monday 21 October	10.00 - 3.00	U3A Croydon Open Day, Keystone Hall, behind U3A office

PATCHWORK NEWS

"AROUND THE BAY THE EASY WAY"

Gifted with perfect weather and thanks to the bus lanes we were soon travelling down Flinders Street and in no time over the Westgate Bridge. "Whew, what a view!"

Morning tea at Maccas Laverton left us ready for the main business of the day - I'm not sure whether this was shopping or the excellent lunch we had, or was it the beautiful drive down the Bellarine Peninsula or the voyage ... this alone was worthy of the trip. Possibly the highlight of the day a voyage across the bay, clean salt air, dolphins to show the way, great company ... what more could you want?



Driving back from Sorrento, through lovely green countryside was very relaxing, some even managed a short snooze. A stop for ice cream at Maccas Pearcedale was second on the list, then on home through Melbourne's ever expanding suburbs, and we were back by 6pm. Only mishap - Lorraine's flat tyre. I hope you all enjoyed yourselves.

Marie - Patchwork Fridays

MEMBER SURVEY QUESTIONS/SUGGESTIONS and our responses

I suggest that we could have a BULLETIN section in the Newsletter and in the office (large White Board) brief and in point mode, bringing attention to recent changes, situations, personal issues (if appropriate). Short Term issues mainly. This would help the Volunteer Office staff who may be unaware of changes that have occurred since their last duty.

We are in the process of putting together a manual to help volunteers with all the office procedures. It will replace all the different pieces of paper that are on the desk area that are often difficult to find. The manual will be kept at the front desk and regularly updated when necessary. One of the documents can be a list of recent changes that volunteers need to know. Thanks for the suggestion.

It would be good to have short introductory classes to give people a taste of a subject area without the need to purchase equipment or texts. That way people can decide whether the main course is for them. e.g. chess, guitar, painting, language.

All members are able to avail themselves of a "Visitor's Pass" which entitles them to visit any class on two consecutive sessions. This would be a great way to see a class in operation and decide if you would like to join. You can get the pass from the U3A office. We are also planning an "Open Day" in Seniors' Week this year when members and non-members will be able to visit the classes of participating tutors. More information to come.



ACCIDENT
RESEARCH
CENTRE

Are you aged 65 years or older? We'd love to hear from you!

The Monash University Accident Research Centre (MUARC) is conducting a research project to explore how health and well-being are associated with driving behaviour. The results will provide important information for extending safe mobility.

Participation in this research project involves completing an online survey.

You are eligible to complete the online survey if you:

- Are 18 years or older
- Live in Australia
- Have a valid driver's licence
- Currently drive at least once per week

The online survey has questions related to demographic information (e.g., age, gender, etc.); crash history; driving-related abilities, perceptions, and practices; physical health; and mental health and well-being. The online survey takes approximately 20 minutes to complete.

Participants who complete the 20-minute survey will be invited to enter into a draw to win a \$100 gift card!

Access the online survey at:

<http://tinyurl.com/HealthandDriving>

This link can be shared with your friends and family!

Contact Renée at renee.stlouis@monash.edu or 03 9905 1331 with questions or for a paper copy of the survey.

This study has approval from the Monash University Human Research Ethics Committee - Project Number 18977.

MEMORIES OF MY CHILDHOOD

Do you remember your school days, special family events, outings you had as a child, shopping in the "old days" and all those things that have changed? You owe it to your family to pass on these memories.



With Susan's help, in this class you will share and record those memories on paper. It's not too late to enrol.

Mondays, 10.00-11.30, Room 3, Kent Avenue Scout Hall

TERM DATES 2019

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

End Term 3 Newsletter is due to be posted 10th September, 2019 and will be on the website on the 7th September. Contributions due Sat 31 August 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

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

Please note, acceptance of articles and photos is at the discretion of the newsletter editor and is governed by space and relevance.

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.



Maree Dargie's beautiful quilt made in Patchworking class.
Classes on Tuesday and Fridays in the Ainslie Park Guide Hall

Solution to puzzle on page 6 Answer 55. Miss Quirk quickly recognised that these numbers are part of the Fibonacci series in which successive numbers are the sum of their two immediate predecessors, hence $21 + 34 = 55$.



**Watercolour classes
Mondays and
Wednesdays
Swim Log Cabin**

Helen Huddart



Riet Taal



Marj Reni



Peter Thorpe