



PRESIDENT'S MESSAGE



I certainly did not expect to be sitting at my computer composing another "View from the Top" as my newsletter columns used to be called (a play on words relating my bushwalking activities to leading the U3A). After a number of times saying "No, it is someone else's turn" when asked to fill the vacant President's role,

someone else did not present themselves so here I am again. I was finally persuaded by the opportunity to join Ingrid and represent the U3A on the Croydon Community Precinct Project Working Group which you may have heard of as the Civic Square redevelopment. It is a long term project which will last well beyond my involvement, but at this early stage it is very important to have our ambit claims clearly stated and consistently pushed. As we are numerically the largest organisation involved in the scheme, we hope to get most of our wish list at the very least considered, but it will take a lot of persistence and sustained pressure.

Until very recently I have been chairing the meetings of the Eastern Metropolitan Region (EMR), a group of U3As which spread from Hawthorn in the west to us in the east. There are around 38,000 members in 109 U3As around Victoria and almost one third of those members are in the EMR. The meetings are a chance to learn from and help each other. The Region also runs workshops, last year it was for leaders of physically active classes. It was called Physical Activity and the Ageing Body and was very well attended. In September there is a workshop for all class leaders aimed at passing on tips about how to enhance your sessions and even if you do not think you need to review your skills the chance to meet with leaders from other U3As is very worthwhile. Ingrid has circulated details so please think about the opportunity for an afternoon of personal professional development.

On October 21st we have our own Big Event happening. Our Open Day is a chance to show the Croydon community what we do so please encourage all your friends to pop in and have a look. In addition, as our venues are spread all over the Croydon area, it gives all of us a chance to see what other classes do. So please make an effort to get to the Keystone Hall and check out what is happening elsewhere in your U3A.

Keep cranking up your enthusiasm, we are heading into our crazy busy season – but it is all fun.

Geoff Steventon

U3A CROYDON OPEN DAY

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

Members, 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)



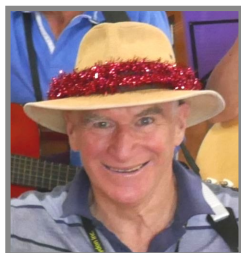
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From the Course Coordinator



Volunteers How could we function without you? Well, we can't, and Croydon U3A owes its success to the willingness of so many to give up their time to help out. Might be in the office, or at events, on committee or in other ways. Sue Lakeland recently put out a call for some extra help and we were delighted with the response. Thank you to all those who rallied to the call and thank you also to all the regular volunteers that we can count on.



Speaking of volunteers for the last 2 years Allan Hawkins has done a first class job as our Facilities Manager. When I first took on the role of Course Coordinator there was no one person handling the myriad of issues ... keys missing, furniture broken, sticky floors, mustering chairs, storage needs, testing/tagging etc etc etc. And then along came Allan, with a minimum of fuss and his sensible no-nonsense approach, he has made sure our venues and assets have been well looked after. Now Allan has decided to hang up his Facilities Manager hat and we need someone to step into the role. Are you interested? Could you do it? Doesn't have to be one person, could be a shared role, husband and wife team perhaps. Give me a call if you want to know more. And on behalf of committee and all the groups Allan has assisted, a big hearty THANK YOU!

Our Walking Football group are enjoying great success, and Walking Netball is available at the new Heathmont Stadium on Mondays, so what's next? WALKING CRICKET of course!!

In partnership with Maroondah City Council and Cricket Victoria we are pleased to be introducing the first Walking Cricket group in Australia. It starts with a "Come & Try" so you can watch or participate and see if it is something for you. Check out the information on page 4 of this newsletter.

Please register with council on their website for the "Come & Try" but, for the weekly sessions, you just need to enrol on the U3A website.



A reminder to you all, when we organise one off presentations, sessions that generally go for an hour or two on one day only, you still need to enrol via the online course list or in the office. We often have extras that turn up on the day, not realising that the presentation is listed as a course.

PLEASE NOTE - CHANGE OF DATES !!

In the last newsletter I flagged 2 presentations coming up which may interest you, but due to circumstances outside my control, we have had to change the dates.

"The Life You Can Save" now on 29th October at the Swim Log Cabin ... more info on page 6.

"What is NBN?" presentation now on 23rd October at the Kilsyth South Baptist Church. More info on page 4 of this newsletter.

Just a note about Walking Netball. I sent out a general email to all members about this activity and some of our members have taken it up. This is not a U3A course but we are happy to promote an activity that gets us seniors up and moving. Turns out the Walking Netball was not restricted to seniors only which has caused some concerns for our players. As a result of this feedback, Walking Netball organisers are now looking at running seniors only games on a Monday afternoon, probably starting Term 4. I'll provide more information when I know.

The primary purpose of this newsletter is to pass on information to our members but it is also great to have photos and a caption or story to brighten up the pages. If your class/activity is doing something fun or interesting, please send me a photo or two and a few words description. It's nice for members to see what's going on in other classes.

Please members, as a courtesy to your class leader, be on time to class.

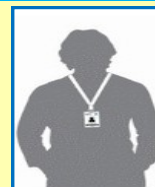
Term ends on Friday 20th September. Have a lovely break, hope you are doing something enjoyable.

Ingrid



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

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



COMPUTER CORNER



The following courses have vacancies for Term 4:

You may consider attending **Voice Recorder (Narration)** on Wednesdays for two weeks, 9th and 16th October. Voice recording teaches you how to record your own voice and add it to your own created video. Not only can you email the recording to give someone a personal message, but you can use it as a voice over in your own created videos and PowerPoint presentations.



Trevor will be conducting a **Mail Merge Course** for 2 weeks, on Wed October 23rd and Wednesday October 30th. Time: 10am to 11.30am. Mail Merging is used to create multiple documents at once. These documents have identical layout, text and graphics. Only specific sections of each document vary and are personalised. Documents which can be created in a Mail Merge include bulk labels, letters, envelopes, invitations and even emails.

An advantage of Using Mail Merge- This feature saves your time and efforts. Producing mass mailings is much simplified, especially compared to the process of preparing individual letters, invitations, labels and emails to many people.

PREREQUISITES: Students must be confident in using the computer and possess more than basic computer skills.

Another Short-Term course I will be conducting will be **Printing Envelopes**; a demonstration on how to design your envelope to match your stationery as well as printing the recipients details on the envelope. This has come at a good time for your Christmas mail. Learning this could be useful for invitations, etc surprising friends with your personal touch. This course will be in Microsoft Word Wednesday November 6th and 13th @ 10.00 to 11.30.

Computers Level 2 runs for the term commencing on Thursday 10th October. The course includes working with folders and text; How to use a USB memory stick; inserting and saving pictures and text wrapping; designing WordArt, creating tables and much more. Check the course description on the website to get the full details.

Windows 10 commences Tuesday 8th October and goes for a term. This will answer those questions about the system that runs your computer, and how to make use of what it provides.



NOTE: There are still some vacancies in Computer Beginners Level 1 (Fridays) and also Beginners iPad (Wednesdays).

For more details check out the website or for enquiries phone **Trevor or Joy on 9729 9308**

NEW COURSE COMING IN TERM 4 - "BRING YOUR OWN DEVICE" (BYOD)



A reminder that we will be running a BYOD course, to help the absolute novice use your OWN mobile phone, iPad or Android tablet, or laptop computer.

This is a government funded course to help you get on top of technology and learn to use it to your advantage. Along with online tutorials, we'll show you how to use email, WhatsApp, Skype and Facetime to talk to family and friends in Australia or on the other side of the world. We'll help you navigate the internet safely to find information, shop online, share interests and hobbies with others and keep up to date.

This course will be run as a workshop with volunteer helpers to assist you. 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. This 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



Walking Cricket

You've heard about Walking Football ... now we are about to launch **WALKING CRICKET**. This new sport, designed to be seniors friendly, is coming to Victoria and we are excited to be hosting the very first program in conjunction with Cricket Victoria!



A free demonstration for Walking Cricket along with a "Come & Try" session will be held on Tuesday 17 September from 12.30pm - 2.30pm at Saxons Sports Centre, Unit 7, 37 - 51 Lusher Road adjacent to Hope City Church. (See map)

Modified rules, soft ball, light weight bat and walking pace means it is the sport for all. The event is open to anyone over 50 so bring along your friends and neighbours. The event is free and refreshments will be provided as part of the launch.

To attend the "Come & Try" please register via Maroondah City Council's website - Go to the MCC website, type Walking Cricket into the search bar and it will take you to the page with all the information or phone 9294 5720. This launch is open to both U3A members and non U3A folk so bring a friend.



Weekly sessions will commence from the beginning of Term 4, Tuesdays 1.30pm - 2.30pm at Saxons Sports Centre and will be free for U3A members.

You will be able to enrol for the weekly sessions on the Croydon U3A website.

If you have any questions, please contact Ingrid on 0409 543 644



WHAT IS NBN?

This presentation will take the mystery and misinformation out of this sometimes controversial subject.

Topics covered will include:

- ♦ What is NBN?
- ♦ How to connect
- ♦ How the NBN affects your existing landline phone and medical alarms
- ♦ Power outages
- ♦ Scams to be wary of



There'll be plenty of opportunity to ask questions and our presenter is happy to stay to talk to individuals. (It's not a sales pitch, NBN does not sell internet, they are the wholesaler.)

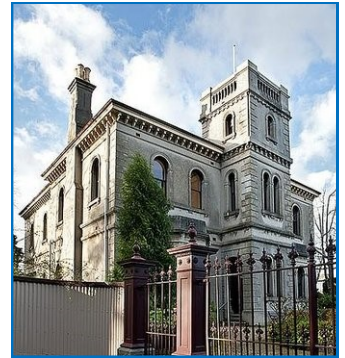
Wednesday 23 October, 2019, 1.30 - 2.30pm at the Kilsyth South Baptist Church, 382 Liverpool Road, Kilsyth South, Room 3. Please enrol online or at the U3A office.

(Please note, this is the first time we are using this venue for a presentation ... it's a little further to drive but it's a lovely room, carpet on the floor and loads of parking. Head south down Liverpool Road, past the Eastwood Golf Club and there it is on the right. Melways 65H3)

EXPLORE MELBOURNE

Hi everyone.

Our final outing for the year is to Villa Alba, 44 Walmer Street, Kew on **Tuesday 22nd October**. The original house was built in 1862, replaced in 1882 by the two storey Italianate mansion we see today. During the 1950s the house became a home for nurses then a women's post-natal hospital. It is in the process of being restored to its former glory. **Cost is \$15** which includes morning tea in the ballroom and your guided tour. The gardens are now quite small but well worth a look. I shall probably carry a packed lunch to have in the park opposite or the alternative is to walk back to Victoria Gardens Shopping centre (down hill).



All monies to be in office by Tuesday 8th October. Ensure you give money to Day Manager. **Last carriage 9.02 am** train from Croydon to Box Hill then 109 tram to stop 30. We walk to Villa Alba. As there is a fairly long hill please wear sensible shoes, carry a hat and water. **Please please please** wear your name tags. This is for your benefit, not ours.

Book with me 9870 0483. Make sure you have connected to answering machine before you leave a message. There has been some confusion about this in the past. If you do not hear "you have reached" etc there is someone else on the line and your message will not be recorded. Look forward to seeing you all again. Gwen Owen

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

Our Tuesday and Friday classes have enjoyed lunch this term, and look forward to our next holiday lunch, with Potted Poets, family and friends at **Sofia's restaurant on Friday September 27th at 12 noon.**

Forthcoming event: Our favourite entertainer, "Jim Brown the Poet" has agreed to perform again soon for us, with his guitar.

Joyce Rowlands provided us with the following list of exercises to avoid

16 (plus 1) Exercises You'd Be Better Off Without:

JUMPING on the band wagon
WADING through the paper work
MAKING mountains out of mole hills
RUNNING around in circles
PUSHING your luck
SPINNING your wheels
ADDING fuel to the fire
BEATING your head against a brick wall
DRAGGING ... your heels
JUMPING to conclusions
CLIMBING the walls
GRASPING ... at straws
BEATING your own drum
FISHING for compliments
THROWING .. your weight around
PASSING the buck
KICKING the bucket

Ogden Nash's limericks were appreciated in the last newsletter so I include three short rhymes he wrote about family life.

(His shortest)
THE BABY
A bit of talcum,
Is always walcum.



THE PERFECT HUSBAND
He tells you when you're wearing too much lipstick
And helps you with your girdle when your hips stick.



THE LION
Oh, weep for Mr. and Mrs. Bryan!
He was eaten by a lion;
Following which, the lion's lioness
Up and swallowed Bryan's Bryanness.

Philippa Pavillard - Speechcraft Tuesdays and Fridays,
Ainslie Park Guide Hall, 2.00 to 3.30pm

U3A CROYDON COMMITTEE 2019 /2020

President	Geoff Steventon	president@u3acroydon.org.au	0411 245 633
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

THE LIFE YOU CAN SAVE (TLYCS)

- ♦ Do you donate to charity?
- ♦ Do you wonder if your \$\$\$ actually get to the charity recipient?
- ♦ Do you worry that too much goes to "administration"?
- ♦ Do you want to help people living in poverty around the world but which charity is the most effective??
- ♦ Is it too hard to figure out so best not to donate at all?

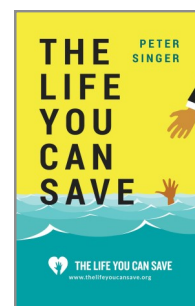
"What if you knew you could save a life, even many lives?" Peter Singer's book *The Life You Can Save*, was described by Bill and Melinda Gates as "A persuasive and inspiring work that will change the way you think about philanthropy."

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 the donation dollars.

Tuesday 29th October in the Swim Log Cabin, 1.00 till 2.30

Please enrol on the U3A website or in the office.

Please note, the purpose of this presentation is not to convince you to donate, but to show those people who already donate to charity, how to make the best use of those donation dollars.



Another number puzzle from our puzzle master Greg Sheehan

Symmetrical Pairs

The following pairs of numbers have a certain symmetry.
(47, 74) (48, 84) (49, 94).

Use of some basic arithmetic will show up another similarity. What might this be?

(Solution page 8, web only)

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

Why are koalas not bears?
They don't meet the koalafications.



DATES FOR YOUR DIARY

2019		
Tuesday 17 September	12.30 - 2.30	Walking Cricket "Come & Try" see info page 4
Friday 20 September		End of Term 3
Monday 23 September	1.15 - 3.15	PD for Tutors at Nunawading U3A
Tuesday 24 September	12.30 - 2.00	Volunteers' Lunch at Swim Log Cabin
Monday 21 October	10.00 - 3.00	U3A Croydon Open Day, Keystone Hall, behind U3A office, opp council
Wednesday 23 October	1.30 - 2.30	What is NBN? Kilsyth South Baptist Church, Liverpool Road (more info page 4)
Tuesday 29 October	1.00 - 2.30	The Life You Can Save - Swim Log Cabin (more info page 6)

TUTORS' CORNER

A Tutors' Meeting has been organised for Thursday 26th September, in the Athletics Club room, starting at 10am. Hope you can come along.

COURSE UPDATE FORMS have been circulated to all tutors. If you did not get one for each course/class you run, please contact Marg Atherton at the office asap. It is VERY important that you complete these forms carefully and return to the office by 17 September or earlier if possible. That gives us time to follow up on any queries or anomalies. At the very latest, bring to the Tutors' Meeting on 26 September. These forms give us the information we need to set up the course and class list for next year. It is vitally important that the information, dates, names etc that you supply are correct as this is what will be displayed on the website course list and in the course book. Any questions can be directed to Marg Atherton or myself.

And whilst on the subject of returning forms to the office, please don't forget to give us your completed Attendance List for Term 3. It is not necessary to wait to the very last class, you can return the forms in the week prior, ie week ending 13 September. This gives the office time to check which members need to be removed from a class, move wait listed people up and prepare the new Attendance Lists for Term 4.

Recently I sent out an invitation to Tutors about a workshop to be held on Monday 23rd September at Nunawading U3A, from 1.15 to 3.15. As a tutor you are invited to learn about tools and strategies to enhance your sessions. This session will be lead by Graham Blackley, who has broad experience in the training industry in Australia and overseas. Graham will show you how to deliver a dynamic and engaging session that resonates with your audience. I have a number of tutors who have put their name down to attend this workshop but it's not too late to join us. Email, text or phone me if you want to participate. Nunawading U3A is in Silver Grove, Nunawading, Melways 48E10. Easy walking distance from Nunawading station if you decide to take the train. There is parking at Nunawading but it can be busy.

A reminder to tutors and your groups, please try to keep to the time allocated for your class. Many of the halls we hire have other users and it's not fair if we encroach on another group's time.

Not long till the end of term. Thank you all for the many hours you contribute in preparation and face to face time with your classes. Croydon U3A contributes a great deal to ensuring our members remain connected with others and keep physically and mentally active, thanks to you.

Ingrid - Course Coordinator 0409 543 644



MEMBER SURVEY QUESTIONS/SUGGESTIONS and our responses



I am unsure if you advertise on local radio or not for people who may be able to offer a course or for new members. If not, may be worth a thought.

Great idea and one we have considered before. At this time we are under a fair bit of pressure in terms of venue space so we are reluctant to advertise too widely as we may not be able to accommodate too many more classes. Our membership is growing even without advertising. Will definitely keep it in mind though for the future.

I think that the process of re registering at the end of the year can be streamlined with some forward planning. If opting to go to the U3A office to register, a suggestion would be that the forms that we queue up for and then complete could be available a week before the registration date. They could be available from the office or from the course teachers. This would eliminate at least one queue and reduce the current long wait to re register.

Changing to this may create more problems than it solves. Instead of members waiting in the Athletics Room and, whilst doing so, completing their "details" forms, they will be forming large queues in the porch at the front of our office and beyond. There will be very little shade if the day is hot or cover if it is raining.

The details forms still need to be checked by an usher prior to members entering the enrolment area to ensure it is fully completed. It is not the filling out of the form that causes the delay, it is the large numbers waiting in the queue and people who don't remember their password!!

YARRA VALLEY LIVING CENTRE Call for volunteers

We are offering an opportunity to volunteer in the gorgeous gardens at the Gawler Cancer Foundation. Many jobs to choose from so whatever your skill level or preference we have a job for you. Come randomly or regularly, doing as little as an hour a month or a day a week.

Our garden team is part time and 40 acres is a lot to look after, any help would be greatly appreciated. Some of the ongoing jobs we need help with are:

- ♦ Weeding in the veggie garden, cleaning up the ornamental garden, rose care, keeping the herb garden tidy. Planting, pruning, propagating, seed raising.
- ♦ We need help with building simple structures and simple plumbing repairs.
- ♦ If you love composting we have a job for you. Maybe you just love raking and could help us every Autumn when it is 'rake the lawns season'.

Really any job that needs doing on a farm and large property.

Our volunteers enjoy a range of perks including:

- ♦ Optional daily staff meditation in the 'meditation sanctuary'
- ♦ Bottomless herbal teas in the dining room all day, free of charge
- ♦ Delicious plant-based wholefoods meals, prepared by our retreat kitchen when retreat programs are running (morning tea and lunch supplied)
- ♦ 10% discount off non-sale items from our resource centre (books, CDs, DVDs)
- ♦ Invite to the Foundation's end of year function.

Please chat with us if this interests you, or email us at gardens@gawler.org

Jodi Hobbs

Community & Volunteer Engagement Manager | Yarra Valley Living Centre
5967 5400

YARRA VALLEY LIVING CENTRE'S

Garden to Kitchen Workshop

with Stacey Williamson & Wendy Neagle

SATURDAY 28 SEPTEMBER | 9AM-5:30PM | \$175

In this unique one-day workshop, our head chef, Stacey Williamson, and head gardener, Wendy Neagle, will give you the practical tools and expert tips to be able to start your own organic veggie garden, and prepare your own delicious plant-based wholefoods for increased health and vitality.

SPACES ARE LIMITED! CALL 1300 651 211 OR BOOK & PAY ONLINE: <https://gawler.org/garden-to-kitchen-workshop/>

Morning outline:

Introduction to organic food gardening
Learn about composting and soil health
Hands-on "no dig" garden demonstration
Growing food in small spaces or pots
Harvesting organic veggies

Afternoon outline:

Learn quick and easy methods for:
Preparing and cooking grains and legumes
Making your own pesto, hommous and lentil dip
Making your own soy yogurt
Caramelising onions without oil
Food prep tips and tricks to improve digestion, texture and taste
Preparing an easy gourmet plant-based wholefoods two-course meal, with seasonal produce





TUESDAY CYCLING

Fourteen cyclists took off from Heatherdale station last Tuesday and rode alongside the rail line to Blackburn then picked up the Gardiner's Creek trail across Burwood and finished up in the Royal Botanic Gardens.

Lunch was enjoyed lakeside in glorious sunshine. It was a perfect day to be out on a bike with good company.

Cycling timetable can be found on the U3A website on the Home Page.

Solve Disability Solutions, is a Victorian based Not for Profit organisation based in Kew. Currently they have a need for Freedom Wheels Bicycle volunteers. Perhaps some of our cycling members may be interested in one of these roles? There are Bike Assembly volunteers and Clinic volunteers.

Freedom Wheels is a unique program that enables children and adults with disabilities to experience the thrill of riding a bike.



Clinics

Volunteers assist an Occupational Therapist in one on one client bike assessments, predominantly conducted at Royal Talbot Rehabilitation Centre, Kew. Volunteers help set up the bikes (which are a standard bike) that have components added on to ensure the child can safely ride the bike. You need to be fit and have a basic understanding of bike mechanics. Sometimes it's the first time a child has ever ridden a bike, the smiles on their faces are priceless!

Bike Assembly

Once a client has ordered a bike, volunteers then customise a standard bike with additional components that have been prescribed for the client. This work is undertaken at a workshop area at the Royal Talbot Rehabilitation Centre, Kew.

Both of these volunteering opportunities are usually held on Wednesdays and Fridays, volunteers are free to attend at intervals that suit them, ie. once per week, fortnight, month etc. usually the volunteering is for a full day or half a day.

Contact Jenny Stephen if you want to know more on 9853 8655 or 1300 663 243 or jenny@solve.org.au

LIVING-APART-TOGETHER (LAT) Relationships: A Research Study at Victoria University

Dr Janet Patford is conducting a study of older Australians who are currently in, or have previously had, a Living-Apart-Together (LAT) relationship.

People who participate as a couple will undertake a joint discussion and an individual interview, as well as writing briefly about two pivotal moments in their relationship. People who participate individually will undertake similar tasks.

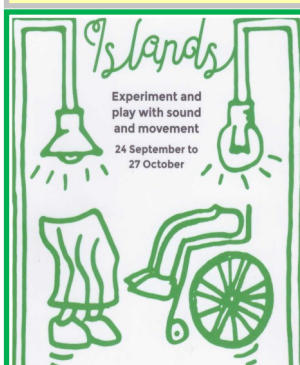
The study will be conducted at Victoria University campuses or other locations that are mutually convenient and suitable; however, data may be gathered by phone

and email if this is preferred. Participants will be recompensed for their time and travel expenses. Refreshments will be provided.

The study will clarify how people's relationship preferences and behaviours evolve over time, thereby contributing to the development of counselling services and social policy.

If you have questions or wish to participate, please email or text your contact details to:

Dr Patford - Email: Janet.Patford@live.vu.edu.au;
Mobile: 0447 436 643



ISLANDS

Explore enchanting islands of sound that are activated by walking or rolling across the floor.

For all ages and abilities. Entry is free

ArtSpace at Realm, Ringwood Town Square (opposite Ringwood Station)

24 September to 27 October

OUR WEBSITE IS CHANGING !



Keep an eye out for our new improved Croydon U3A website, coming soon.

A clean fresh look and you will be able to search courses via a calendar or a list view.

Start Term 4 Newsletter is due to be posted 22nd October, 2019 and will be on the website on the 19th October. Contributions due Saturday 12th October, 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.



Jenny Tiller



Lorraine Manderson

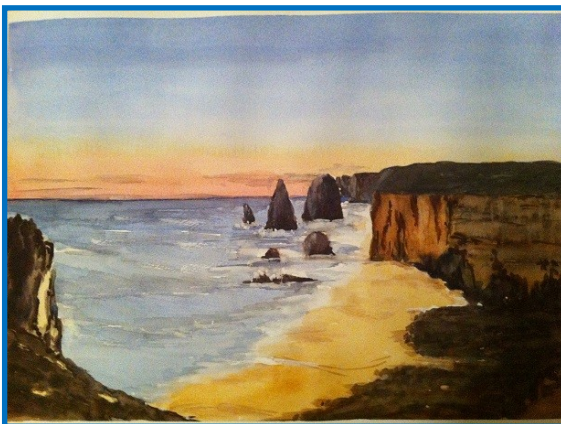


Brian Werner

WATER COLOUR
CLASSES
MONDAYS AND
WEDNESDAYS
SWIM LOG CABIN



Annette Taylor



Riet Taal



Ruth Thorpe

Solution to puzzle on page 6

The sums of each of the pairs are exact multiples of 11.

$47 + 74 = 121$ (11×11) ; $48 + 84 = 132$ (11×12) ; $49 + 94 = 143$ (11×13)
QED