

PRESIDENT'S MESSAGE

Most of this newsletter will be devoted to providing you with information about how to register for your chosen classes in 2020. For those of you new to our organisation and to remind longer term members, you need to enrol each year for your chosen classes and by far the easiest and fastest way to do that is on-line in the comfort of your own home. You gain no advantage at all by coming and waiting in the queue at the office, that option is provided as we know there are members without online access.



In my last newsletter message I mentioned the forthcoming workshop organised by the Eastern Metropolitan Region. It turned out to be every bit as good as anticipated with a very engaging presenter who kept us all on our toes and provided some very useful tips to make classes more interesting. It was pleasing to see our U3A well represented.

A couple of weeks ago I had a very interesting hour with Richard Joseph, the Active and Healthy Ageing Co-ordinator at Maroondah Council. We met to initially discuss our walking football program but sitting outside in the sunshine at Federation Estate with a cup of coffee in hand the discussion broadened to the push by Council to look at providing walking versions of many sports aimed specifically at people in our age group. We have picked up walking football (soccer to most of you!) and walking cricket, but there is already walking netball which was originally open to people of all ages but has now branched into two levels so those who are younger and more competitive do not overpower those of us who are of a more mature age and just want to have fun while doing some enjoyable exercise. Next in line is walking tennis and there is a game called pickle ball that is likely to start at the new Heathmont stadium. If you are looking for some gentle exercise with a lot of laughs give one of these opportunities a try.

By the time you read this our Open Day will just about be upon us. I am sure you are all aware of the Open Day on October 21st at the Keystone Hall. Make an effort to be there and bring friends and family, you may find another interest on offer that will keep you involved and your brain active. That is what we all need!

Have fun and enjoy your U3A
Geoff Steventon

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ENROLMENT FOR 2020 COURSES AND ACTIVITIES

Please note in your Diaries that our 2020 Course Enrolments and Subscription renewals will be accepted on Tuesday November 19th (from 10.00am) till Thursday 21st November.

Hopefully most of you will be able to enrol online during this period. However, if you are unable to do this, please come to the office between 10.00am – 2.00pm on Tuesday 19th and Wednesday 20th November and we will have trained operators available to assist you.

On Thursday 21st November the office will be open ONLY from 10am to 12.30pm.

Please read all the enrolment instructions, which are placed on pages 2 - 5 in this newsletter to avoid any unnecessary delays on these days.





IMPORTANT INFORMATION !!

In this issue you will find instructions for renewing your membership for 2020 and selecting courses. Please read these instructions carefully and keep on hand ready for when the 2020 courses become available.

There are 2 separate sets of instructions:

Stream A—"ONLINERS" Instructions for those wishing to complete the process themselves online.

Stream B—"OFFICE ASSISTED" Instructions for those wishing to come to the office to re-enrol.

Please decide which approach you want to use and then **ONLY** read the notes for that Stream.

PLEASE NOTE: THE MEMBERSHIP FEE FOR 2020 HAS BEEN SET AT \$55.00 FOR BOTH FULL AND ASSOCIATE MEMBERS



CLASSES CANCELLED

Monday 18th Nov: Classes cancelled in the afternoon

Tuesday 19th and Wednesday 20th Nov: All classes cancelled

PAYPAL

We would encourage you to use PayPal to pay your fees. It is regarded as a very secure way of paying online and does save the Treasurer and office staff a lot of work. If you do not have a PayPal account, the site does enable you to choose the option of using your Credit card.

PRIORITY ENROLMENT DAY FOR TUTORS AND VOLUNTEERS—MONDAY 18TH NOVEMBER, 2019

This year we are offering a priority enrolment opportunity to Tutors, Co Tutors and Volunteers.

To qualify you need to:

- a. Have been a Tutor or registered Co Tutor in 2019 or are a new Tutor or registered Co Tutor for a 2020 Course.
- b. Be a registered Volunteer as at 30th August 2019 in any category (Day Manager, Office Duty, Data Entry Operator, Handyperson, Newsletter Mail out, Catering and Events)

The Priority Enrolment Day is set for **Monday 18th November, from 2.00pm to 4.00pm**. If you want to avail yourself of this opportunity then you must come to the office between the hours mentioned above, where you will be able to jump onto one of our computers to complete your enrolment or request assistance from a trained operator.

Of course you can choose to ignore this special "window" and enrol either online at home or at the office from Tuesday 19th November onwards.

SPECIAL NOTE FOR TUTORS

Please REMEMBER, you do NOT have to enrol in your own course IF you are the nominated Tutor. We have two categories of Tutors. If you are a Tutor only (that is, you do not attend any other U3A Croydon classes other than the one you tutor) you are NOT required to pay a Membership Fee, but you must re enrol as a member. If you are a Tutor who also attends other courses then you must re-enrol and pay the appropriate fee.

There are two special membership classifications for Tutors to facilitate the above and every effort will be made to ensure each Tutor is correctly classified.

STREAM A - FOR ONLINERS

2020 COURSE SELECTION AND MEMBERSHIP RENEWAL INSTRUCTIONS FOR EXISTING MEMBERS WANTING TO RENEW ONLINE

1. *Course Lists for 2020*

From Thursday 7th November, members can go online and VIEW the Course List offered for 2020, but will not be able to enrol at this point. The Course List for 2019 will be removed from view and no further course enrolments for 2019 are possible. If you really, really want a print out of the Course Book you can come to the office from Monday 11th November and purchase one for \$2.00 but think of the trees you are destroying.

It is recommended that members prepare for enrolment by studying the 2020 Course List to determine preferences. There will be a limit of six courses per member. If you need to know more information about a course you can phone the Tutor. Please read the instructions on the Course List screen as they can be most helpful. They will show you how to find your way around this screen including how to 'hover' your mouse or click on your mouse to find more information, including details about each Course.

When it comes to course selection, please exercise common sense. When enrolling in courses with levels (Beginner, Intermediate, Advanced) select the appropriate level for you and DO NOT select more than one level. If the same course is offered more than once per week, select one only. If you are interested in COMPUTER COURSES (which carry fees) please phone Trevor Bellinger on 9729 9308 to determine the suitability of the course to your needs.

In preparation for 2020 enrolments the membership system will be "Offline" on Saturday 9th November.

The 2020 Enrolment Procedures for Existing Members

Online Enrolments for 2020 can commence on Tuesday 19th November 2019 from 10am and can be completed at anytime thereafter, although there will be days when the system is taken offline. The system will be offline on Friday 22nd November and the Office will also be closed. Please refer to the earlier comments in regard to a Priority Enrolment Day for Tutors and Volunteers.

During the enrolment process you will be required to acknowledge that you have read and understood the Croydon U3A Membership Agreement. The membership agreement can be found on our website. Go to the "About Us" tab and look under Policies and Guidelines. Please note: Once you tick the box to complete your enrolment, you will be bound by the terms and conditions of the Membership Agreement.

A Guide for Existing Members will be available on our website. It will explain in detail how to enrol in 2020 courses and pay fees. In summary, the basic steps are:

1. Go to the U3A Croydon website: u3acroydon.org.au
2. Hover over the "Memberships" tab at the top of the page and select "Existing Members Login". Scroll down to "Existing Members can log in here to renew" and click on the "log in here" link.
3. Log in with your Member number and password
4. Click on the "View Courses" button. For better navigation, click on the "Open in New Window" button above the course list. Select the courses you want to enrol in by clicking your mouse in the box immediately to left of the course name.
5. Confirm your course selection by clicking on "Confirm Selection" green box and then proceed through the invoicing and payment steps to complete the process. Please note, there will be a second box "Confirm and Finalise your Selections" which you will also need to click on.

NB: You will not be able to proceed further UNTIL you have CONFIRMED Course Selection.

If you have correctly completed your enrolment and course selection, this will show on your member records sheet ie. It will show the courses you have enrolled in or are on a Wait List for and also show your membership as Active.

2. *Payment of membership Fee and any Course Fees that may apply*

If you choose to pay online, the PayPal screen will give you the option of using your existing PayPal Account or a Credit Card. You do NOT need to have a PayPal account to pay by Credit card as the screen enables you to select the option you want to use. (READ THE SCREEN CAREFULLY) Please be patient with these steps as getting into PayPal and out again can take quite a few seconds. At the end of the process, wait until PayPal returns you to the U3A Membership system.

You can choose not to pay online but to pay at the Office by cash or eftpos. This is to be done within 5 days by bringing to the office two copies of your invoice showing the amount outstanding. Keep in mind that the Office is closing on 6th December for the Christmas break and will reopen in the week prior to start of Term 1 from Tuesday 28th to Friday 31st January 2020. If you have any queries over the Christmas break, contact a committee member. Contact details are in every newsletter.

STREAM A “ONLINERS” INSTRUCTIONS continued

3. **Helpline** - Help is available by phoning **9723 6065** during office hours.
4. **Wanting to renew your Membership but not select any Courses until a later date?**
You will need to contact the office for instructions.

5. **Completion of the Process**

After you have completed all the steps it is important that you review your status and your course enrolments by clicking on “View Member Details” button. This screen shows your personal details and the courses you are enrolled in and for which you are Wait Listed. Please take the opportunity to check that all your personal details shown are correct (especially your email address) and make any required changes via the EDIT button.

If you have completed all the steps and paid, your status will show as **Active**. If your status shows as **Not Active** then you have not completed the process. If you have chosen to pay at the office then you will not become Active until you have actually paid and this has been processed by the Treasurer (allow up to 5 days for this step).

6. **Badges**

You will not be issued with a new badge for 2020. Your current one will suffice. Go to the office if you have lost or damaged your existing badge and need a replacement, BUT please don't come in on Assisted Enrolment Week, which is the week commencing 18th November.

7. **Enrolment in Additional Courses**

You can choose to enrol in additional courses with vacancies within the 6 per member limit at any time after you have enrolled. However please note, you may not enrol in more than one yoga or Tai Chi course. These classes can take more enrolments from Term 2 if vacancies exist.



8. **Withdrawal from a Course or Waiting List Subsequent to Enrolment**

This must be done by phoning or emailing the office. Please be considerate of other members and let us know as soon as you decide to withdraw so someone else can have your spot.

REMEMBER - No classes on the afternoon of Monday 18th. For Tuesday 19th and Wednesday 20th November all classes cancelled. This will give all members and Tutors the opportunity to enrol for courses and also will free up our helpers for those three days. Thank you for your understanding.

STREAM B - FOR THOSE REQUIRING OFFICE ASSISTANCE

2020 COURSE SELECTION AND MEMBERSHIP RENEWAL INSTRUCTIONS FOR EXISTING MEMBERS WANTING TO COME TO THE OFFICE FOR ASSISTANCE

1. **Course Lists for 2020**

Copies of the 2020 Course Book will be available at the Office from Thursday 7th November. The Course Book will also be posted onto our general website (u3acroydon.org.au) where you can view it without going into the Online Membership System. You are welcome to come to the office to browse the Course Book and make a note of your selections for 2020. To take a copy away will cost you \$2 - it is nearly 30 pages long.

There will be a limit of six courses per member in 2020. If you need to know more information about a course you can phone the Tutor. When it comes to course selection, please exercise common sense. When enrolling in courses with levels (Beginner, Intermediate, Advanced) select the appropriate level for you and DO NOT select more than one level. If the same course is offered more than once per week, select one only. If you are interested in COMPUTER COURSES (which carry fees) please phone Trevor Bellinger on 9729 9308 to determine the suitability of the course to your needs.

STREAM B FOR THOSE REQUIRING OFFICE ASSISTANCE continued

2. *The 2020 Enrolment Procedures for Existing Members*

Nominated Renewal Period - 19th to 21st November

You can renew your membership, enrol in courses and pay your fees at the office from Tuesday 19th to Thursday 21st November. Only one visit is required to complete the enrolment steps. Note that the office will be open from 10.00am to 2.00pm on Tuesday and Wednesday and will be open from 10am to 12.30pm on the Thursday.

During the enrolment process you will be required to acknowledge that you have read and understood the Croydon U3A Membership Agreement. Please make sure you have read this Agreement before coming to the office to enrol. The membership agreement can be found on our website or you can get a copy from the office. Please note: Once you tick the box to complete your enrolment, you will be bound by the terms and conditions of the Membership Agreement.

While there is no need to complete or bring any special forms, please come to the office with:

- ♦ Your membership number
- ♦ Your password into the Membership System (refer to what you did last year)
- ♦ Your course selections with Course Code and Name, preferably written down. (Come early if you want to refer to a copy of the Course List before enrolling)
- ♦ Payment in the form of cash (correct money please), cheque, credit card, debit card or Paypal. We have a “tap and go” or swipe card reader for those who prefer paying by eftpos.

You will be assisted by a member trained in the use of the Online System who will complete the renewal process for you. They will also check your personal details and reset your password if you require it. If you are interested the member can show you the procedure; it really is quite simple. We plan to have up to 8 members assisting in the office. All members should go to the Athletics club room first to get paperwork processed and then you will be directed to the office after that. The actual renewal process including payment of fees should take less than 5 minutes IF you are organised. Again, we repeat, it is a simple process but make sure you bring the required information.

3. *Renewals after this period*

Please note that if you cannot renew by the 21st November, the office will be open for renewals in the week commencing 25 November, normal hours of 10.00am to 12.30pm. You are welcome to come to the office on these days to renew, but there may be a wait. The office will be closed on Friday 22nd November.

4. *Renewals in January 2020*

The office will be open (normal hours) from Tuesday 28th to Friday 31st January (this is the week prior to start of Term 1) to enable late enrolments and to process requests to alter course selections. The office will then be open normal hours from Monday 3rd February, 2020.

5. *A Word about Passwords*

If you cannot locate your password then we recommend you contact the office before Friday 8th November. Please log on to UMAS System and insert your password before November 8th to confirm that your password works. If password does not work please phone the office as soon as possible.

6. *Badges*

You will not be issued with a new badge for 2020. Your current one will suffice. Go to the office if you have lost or damaged your existing badge and need a replacement. This can be attended to while you are re-enrolling.

7. *Enrolment in Additional Courses*

At any time after you have renewed your membership you are free to enrol in additional courses with vacancies within the 6 per member limit. This can be done by attending, emailing or phoning the office within normal hours. However please note, you may not enrol in more than one yoga or Tai Chi course. These classes can take more enrolments from Term 2 if vacancies exist.

8. *Withdrawal from a Course or Wait List subsequent to Enrolment*

This must be done by phoning or emailing the office. Please be considerate of other members and let us know as soon as you decide to withdraw so someone else can have your spot.





From the Course Coordinator



By the time you read this you will have missed the opportunity to comment on Maroondah Council's Community Precinct Masterplan, however I would urge you to go to the Council website and have a look at the Croydon Community Precinct information. There are many stakeholders who will be sharing that space and we are just one of them. Croydon U3A is well overdue for better office and classroom facilities given the number of members that we have and the significant contribution we make to healthy ageing in our community so our committee is vitally interested in the progress of this project and representatives from committee will attend all the meetings to promote our interests. Council will provide another opportunity to provide your views later in the process.



For committee and many other wonderful helpers we are heading into a very busy time. There is much to do to make sure that Course Lists and Membership processes are ready for you to enrol for 2020. Most of our courses will continue which is great news as we know how popular all these classes and activities are. Please read the instructions in this newsletter carefully and keep them in a handy place so that you will have the key dates and be ready to enrol. We will have an army of volunteers to help on the days we open for enrolment and I would like to thank them all in advance for giving their time so that the process runs smoothly. Our entire organisation functions only because we have so many willing helpers.



I would like to take this opportunity to alert you to an issue that arises every year when we migrate all the new courses on to the system in readiness for Enrolment days. Because you are required to re-enrol each year it means that all your 2019 member details disappear and only re-appear once you enrol for the new year. Does that matter? Yes it does because if we don't have your information we can't send you Newsletters, Bulletins or emails. I would ask all members, if you want to be kept in the loop about U3A Croydon activities, new classes, changes to activities, venues, presentations, and get the newsletter then PLEASE enrol early. Even if you don't select courses immediately, please renew your membership so that we can keep in touch with you. If you choose not to enrol in November you will not receive any information from us until you do.



Maroondah Festival is coming up on Sunday 10th November from 10am till 4pm and the U3A office will be open so if you have any friends who are thinking about joining U3A, tell them to pop in and see what's on offer. Our Guitar & Ukulele group will be performing on stage at 2.15pm

Hang on to this edition of the newsletter so that you've got all the information you need for when enrolment time comes around.

Ingrid

Learn-to-Swim Courses

The Learn-to-Swim Courses for Term 1 2020 will commence on Wednesday, 29 January, and conclude on Wednesday, 25 March (6 weeks). There are two courses available: 11 a.m. to 11.30 a.m. for the more experienced swimmers, and 11.30 a.m. to 12 noon for new starters in particular.

There will be NO classes on 5 and 12 February and 25 March.

Enrolments for the Courses will be accepted online via the U3A website, or in person at the U3A Office on Tuesday, 19 November (10 a.m. to 2 p.m.), Wednesday, 20 November (10 a.m. to 2 p.m.) and Thursday, 21 November (10 a.m. to 12.30 p.m.). There is an Early Enrolment Day for Tutors and Volunteers on Monday, 18 November (2 p.m. to 4 p.m.) at the U3A Office only.



The cost of the 6-week program is \$30.00 and you can pay when you enrol.

Happy swimming!
Ann Longridge, Tutor

Croydon U3A cyclists, Paul Martin, Gary Peach and Bernie Simmonds took part in the recent Round-the-Bay ride. Bernie and Paul completed 100kms each and Gary completed the 210km loop. Well done!





A refresher course for responsible older drivers.

Join us for an informative, informal and friendly course, to upgrade your knowledge and build on your experience to keep you driving safely.

This course focuses on helping older drivers develop techniques and skills to become a safer and wiser driver.



North Ringwood Community House.
35-39 Tortice Drive, North Ringwood

Thursdays
12.30pm to 2.30pm
October 31st to November 21st
(4 weeks)
Afternoon tea included.
Free.
Call 9876 3421 to book

Bookings close
28th October.



MEMBER SURVEY QUESTIONS/ SUGGESTIONS and our responses

I feel that if all the members that are already in a particular small class want to stay for the next year, they should be given priority and the new ones put on a waiting list. Some members have to spend a lot of money on equipment, books etc to be in a class and to be told that they have lost their place is rather unfair.

We believe that all members should have an equal chance to enrol in all courses. Our policy is "first come, first served". It is important for members, who want to continue to be in a class, to make the effort to enrol early to ensure they get a place. The only time we allow tutors to pick and choose their members is if there is a pre-requisite required, eg. French 1 before you do French 2.

Would it not also be unfair to advertise a class that a new member has no chance of getting into because it is filled year after year with the same people? If you have spent a lot of money on equipment and books, then please try to enrol early. Tutors are also at liberty to increase the maximum size of their classes to accommodate extra members if venue and circumstances allow.



COMPUTER CORNER

It is unfortunate that, because of insufficient enrolments, all my 4th Term Computer Courses had to be cancelled although this is not unusual, but it has given me extra time to prepare for my intended classes for Term 1 2020. Because of Windows updates I am noticing frequently that some apps can change, in particular Photo app. I have just been revising my notes and have noticed that you can now edit videos. It is basic, but I have found it to be suitable for what I need to do. So, this will be added to the Photo apps Course, but for those who have already done the course I am considering making this a separate Short-Term Course. As yet a day and time have not been set for this, but if you are interested in doing this course please call me and register your name.



When I ran the Overview of Microsoft Publisher short-term class a few months ago there was a strong interest for enrolments for Term 1 next year. However, please note that I have changed the day and time from what it has been previously, to Wednesday 10.30-12.00 noon. With Microsoft Publisher a novice can create a professional-looking publication without going to a great lot of trouble and that is why it has been called "a print shop in a can". As you have control over what you design, it is more enjoyable to use than Word. This course shows you how to recolour clipart, etc which can be a lot of fun and I will give you gift ideas as well.

I am always looking for new ideas for courses and I am currently working on some for next year. At this point of time I haven't set a day and time until I know how the full term classes go with enrolments.

'Computer Tips': This course will inform you of very useful apps, tips and tricks to help you to use your computer more efficiently.

'Video Editing': This is new in the Photo app and I plan to run this as a Short-term Course so that those who have already done my Photo app Course will be able to learn about it without doing all the course again. To take the load off our current Computer Tutors and to maintain the large variety of courses we really need at least one new tutor. You don't have to be a genius or IT graduate but someone who is happy to assist us with the tutoring. Please give us a call. I am sure we could find a place for you.

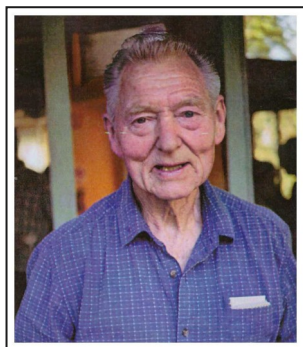
Joy 9729 9308

SPEECHCRAFT

Obituary for Norbert Finke 1/10/38—31/8/19

Our Speechcraft classes are mourning the sudden and unexpected loss of our dear Norbert, on August 31st. His funeral was well attended and the release of white doves at the end was appropriate and very moving.

This sprightly and popular 80 year old had many interests, both physical and intellectual—table tennis, bush walking, ballroom dancing, public speaking, personal development and comparative religions. He often attended musical events presented by our concert pianist Judith Lambden and various one off U3A gatherings including the recent one on the Book of Revelation.



Norbert was always quietly spoken, with a gentle and witty sense of humour. Charming and well mannered, he had worked hard much of his life and helped other people kindly and unobtrusively.

We will always miss him and as one member said "He was a true gentleman in every sense of the word". Goodbye to our much loved and valued friend, Norbert.

Philippa Pavillard, Speechcraft tutor

JIM BROWN THE POET

Jim Brown the poet is going to present poems, songs and comment at Jim Dooley's Potted Poets class on Wednesday November 6th, 10.00—12.00 at the Ainslie Park Guide Hall.



On previous occasions, members of both my classes have enjoyed his presentations, especially at the Scout Hall.

Philippa Pavillard

PLEASE REMEMBER
TO WEAR
YOUR NAME BADGE
TO CLASSES



MAROONDAH FESTIVAL 2019

We are delighted to advise that our Guitar and Ukulele Group will be performing on the "Sounds of Maroondah" Stage (behind the U3A Office) at this year's Maroondah Festival in Town Park, Norton Road, Croydon between 2.15 and 2.45pm on Sunday 10th November.

If you can attend, the Group would greatly appreciate your support. Also, our U3A office will be open as an Information Centre during the Festival, so be sure to pop in and say "hello".



Colin McLaren—Guitar and Ukulele Group



SENIORS HEALTH AND WELLBEING EXPO HELD AT KARRALYKA ON TUESDAY 15TH OCTOBER

Joy and Marion gave up their time to man our stall at the Expo. There was a lot of interest and lots of U3A Croydon material handed out.



A recent meeting of the Book Chat club, run by Sue Martin. Judging by the table they fed the body as well as the soul.

Keystone Book chat - 2nd Monday of the month, 11am.

U3A CROYDON COMMITTEE 2019

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
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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

Croydon U3A Garden Group had a fabulous time at the Tulip Festival in Silvan on Tuesday 24th September. The weather wasn't as kind as it could be, cold wind chill, light showers passing and the occasional break of clouds to allow the sun to shine, which thawed us out a bit.



Our group was not dampened by the conditions as the tulips and flowers blossomed with all the sunshine they could give to our souls. Photos were taken by all to enjoy another day. Lorri and our group studied the colours and shapes and great discussions were held. All had favourites and all were impressed with the show of floral displays.

Everywhere we looked, colour caught your eye. We all enjoyed the authentic Dutch foods available and as it was children's week, lots of great entertainment was available. It was lovely to watch the children view the flower display with such enthusiasm and joy, our future gardeners in the making.

Gardening—Tuesdays, once a month starting at 10.30am



DATES FOR YOUR DIARY

2019		
Monday 21 October	10.00 - 3.00	OPEN DAY at the Keystone Hall ... please come and bring your friends
Wednesday 23 October	1.30 - 2.30	What is NBN? At Kilsyth South Baptist Church
Thursday 7 November		2020 Course List viewable on website (read only)
Sunday 10 November	10.00 - 4.00	Maroondah Festival (Croydon U3A Guitar & Ukulele on stage at 2.15)
Wednesday 13 November	10.00 - 1.00	Watercolour exhibition and sales - Swim Log Cabin
Monday 18 November	2.00 - 4.00	Early enrolment at the office for tutors/volunteers only
Tuesday 19 November	10.00 - 2.00	Enrolment for 2020 online or at the office
Wednesday 20 November	10.00 - 2.00	Enrolment for 2020 online or at the office
Friday 22 November	CLOSED	System OFFLINE and office CLOSED
Friday 6 December		Last day of U3A term
Thursday 12 December	12.00	Tutors' Christmas Luncheon, at Dorset Gardens Hotel, Elms Room

*In the hardware store, a clerk asked, "Can I help you find anything?"
"How about my misspent youth," joked my husband.
The clerk shot back, "We keep that in the back, between world peace
and winning lottery tickets."*



Some days I amaze myself.

Other days, I look for my phone while I'm holding it.

WHAT IS NBN?

This one off presentation will be held at Kilsyth South Baptist Church, Liverpool Road, Kilsyth on Wednesday 23rd October, from 1.30 till 2.30, Melways Ref: 65 H3, right next to the Eastwood Golf Club.

You can enrol online or in the office, but hurry, the presentation is this coming Wednesday.

WALKING CRICKET

Come and have fun and get some exercise on Tuesday afternoons from 1.30 to 2.30. It's modified cricket with light weight bat and ball, and unique scoring. Cuppa and refreshments afterwards.

This is also open to non U3A members so bring a friend. You'll find us at Saxons Sports Centre on **Lusher Road in Croydon, Melways Ref: 50 J5**.

WALKING NETBALL FOR SENIORS

Monday afternoons from 1.00 till 2.00 at the new



Heathmont Stadium, Melways Ref: 64 D2.

It's not a U3A activity so no need to enrol, just turn up.

PARTICIPANTS WANTED FOR A STUDY ON EATING PATTERNS

ARE YOU AGED BETWEEN 18 AND 65 YEARS OLD?

WE NEED YOU!

This study aims to examine eating patterns, physical activity and sleep and understand how these behaviours affect mood in adults. This study has two parts, Part A and Part B (Optional).



WHAT'S INVOLVED?

PART A



ONLINE SURVEY



SMARTPHONE FOOD DIARY FOR 7 DAYS

PART B (OPTIONAL)

CLINIC VISIT AT DEAKIN UNIVERSITY (BURWOOD CAMPUS)



INCLUDES A BODY COMPOSITION DXA SCAN. WE CAN GIVE YOU A COPY OF YOUR RESULTS!

RECEIVE A \$20 GIFT CARD FOR YOUR PARTICIPATION IN PART A AND A \$40 GIFT CARD FOR PART B!

REGISTER YOUR INTEREST
<https://bit.ly/2xvqYXg>

Email: everydaylife@deakin.edu.au



This study has received Deakin University ethics approval (reference number: 2017-211)

Deakin University CRICOS Provider Code: 001138

TUTORS' CORNER

Tutors, please note: NO CLASSES IN THE AFTERNOON OF MONDAY 18TH, AND NO CLASSES AT ALL ON TUESDAY 19TH AND WEDNESDAY 20TH NOV, so that members and tutors are free to enrol for 2020

A big thank you to all the tutors who got their Course Update forms for 2020 back to us promptly. There's a huge amount of work to build the course list for next year in time for our enrolment days. But ... you have one more job to do. As soon as the 2020 course list goes up to view (Thursday 7th November) please check your course information carefully, including day/time description, name of co-tutor (if any) and alert us to any mistakes or changes needed. We rely on you to let us know if there are any errors in your course listing.

Most classes/activities will be finishing up in the week ending 6th December. Whatever day you finish, would you please make sure that the venue you use is clean and tidy, all lights and air con off and securely locked, and especially if you will be the last to use that venue this year. We don't want any issues over the holidays due to our carelessness.

Tutors and co tutors, please mark your calendar now with the date for the Tutors' Luncheon, Thursday 12th December at Dorset Gardens Hotel at 12.00. This is our chance to say thank you for the many hours you give to preparing and delivering your classes and activities for our members. You will receive an invitation by email or post shortly.

Ingrid - Course Coordinator 0409 543 644

BEGINNERS' TABLE TENNIS

Starting Wednesday 23rd October at the Birdwood Road Scout Hall 10.00 till 11.30.
New members welcome
Enrol online or at the office.

Last newsletter for 2019 will be on our website on 30th November and posted out early December.
Please send photos, stories, articles by Saturday 23rd November.

TERM DATES 2020

Term 1: 3 Feb to 27 March
Term 2: 14 April to 26 June
Term 3: 13 July to 18 Sept
Term 4: 5 October to 4 Dec



Bushwalking

A small band of walkers set out for Marysville on a glorious Spring day for a walk on the Red Hill Track. We had wonderful views overlooking the Cathedral Ranges and it was very pleasant walking alongside the Taggerty River in full flow. After completing the walk of 10kms we retired to the Marysville Bakery for a well-earned cup of coffee.

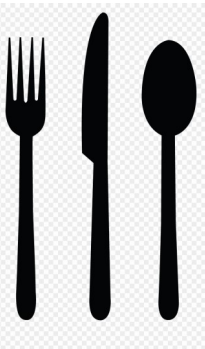
Thanks to Trudi and her team for organising yet another successful walk.



U3A Croydon Dineout

Another good turnout for our most recent dinner at Da Ricardo's restaurant in South Croydon. Great food, great company and plenty of conversation.

Merv Amos (Tutor) - Host



On Thursday 17th October, Geoff and Ingrid attended the Student Achievement Awards ceremony at Swinburne, Hawthorn campus. Croydon U3A is lucky to have the use of some classroom space at Swinburne in Croydon and in return we are happy to contribute to one of their worthy community programs.

Here is Geoff presenting Danny "the plumber" with his Student Achievement Award. We spoke with Danny after the ceremony and he is a delightful young man with an excellent attitude. He'll make a great tradie!!

TAI CHI - can you help?

We are in search of a Tai Chi instructor for beginners. someone to join our merry band of Tai Chi tutors. Is that you? Or do you know someone who might be interested? Perhaps one of our current Tai Chi students would like to move into a tutoring role? Why not give it a go you would be well supported. If you've been doing Tai Chi for years, now would be a great time to step in front of a beginners' class and share with them the gentle art of Tai Chi.

Call Ingrid on 0409 543 644 if you are interested or want to know more.



End Term 4 Newsletter is due to be posted 2nd December, 2019 and will be on the website on the 30th November. Contributions due Saturday 23rd November, 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.



VOLUNTEERS NEEDED FOR ENROLMENT WEEK

We are looking for volunteers to help out over the 3 days from 18th November to 20th November. You don't have to commit for 3 days, just one or two if you prefer.

The tasks cover:

- ♦ Assisting members to complete their 2020 membership renewals. You need to be competent in the use of a computer and online systems, but training in U3A Croydon's system will be provided. If you did it last year, we would love to hear from you again.
- ♦ Acting as ushers to ensure a smooth flow through the office.
- ♦ Acting as cashiers assisting the Treasurer.



Please, if you are interested, give Sue Lakeland a call on 0431 068 173 and she will put you on the roster and organise training.



WATERCOLOUR EXHIBITION DEMONSTRATION AND SALES

Come along to see the Wednesday Watercolour Artists at work and a Watercolour Demonstration by Peter Thorpe.

Artwork will be available for sale.

Date: Wednesday 13th November
Time: 10am - 1pm

Venue: Swim Log Cabin, Springfield Avenue
(Entry by the gate at the rear of the car park next to the outdoor pool)