

PRESIDENT'S MESSAGE

We had a really successful Open Day. Thanks and congratulations to Chris Hawkins and her team for a very well organised event and thank you also to those of you who attended either to present your involvement in our U3A or as a visitor to see what others do.

Our registration day was another very well organised event. I guess as the years pass we learn a little more each time to make it easier for the members who enrol in the office. It was marred initially by a completely unprecedented failure of the software package but Trevor and his team retrieved the situation and once the system was powered-up again everything went smoothly. It was unfortunate that some members were inconvenienced but just as the banks or telco systems sometimes fail it is a fact of modern life that we are dependent on electronic systems and manual backups are just not a practical alternative. While most people accepted the situation with good grace there were a few who felt inconvenienced. I apologise to all the members affected, but I would suggest to those who took the problem personally to reflect on the fact that we are a volunteer organisation and if they believe they can do better there are many positions waiting your input.

I had the pleasure of meeting Peter Hurst, the President of Townsville U3A a few days ago. He was in Melbourne visiting his sister who is a member of our U3A and he suggested a catch-up to see how different but the same we are. It was a bit chaotic in the office with registration still going on around us but an hour went by very quickly!

By the time the next newsletter comes out we will be getting close to our AGM and I think it is important that I make clear that I took on the balance of this year as President because there was no-one else prepared to take over the role at short notice. I have been in our U3A for 13 years so I am a full generation away from the people retiring now. That means there are new ideas out there which therefore means it is time for someone younger to pick up the baton and run with it to keep our U3A renewed and relevant. Apart from all of that I made a commitment to another organisation to see an ambitious four year plan backed by a Council grant come to fruition and as I approach my 80th year I know I cannot do justice to both roles. So if you have a background in administration we need YOUR help. I am happy to act as a mentor if you feel you need some assistance. All I can say by way of encouragement is that I came into the job with absolutely no U3A experience but I found it one of the most satisfying things I have done.

Finally my personal thanks to all our leaders and volunteers, you do a wonderful job and U3A just could not exist without you. I hope everyone has a wonderful Christmas and make sure you enjoy the break coming back refreshed and with your enthusiasm renewed in February.

Geoff Steventon



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WANTED! FACILITIES MANAGER

Can be one person or shared role.

What's involved?

- ♦ Liaison with Council, venue contacts and tutors
- ♦ Report problems to Course Coordinator and committee
- ♦ Attend to minor repairs
- ♦ Arrange annual testing and tagging

If you want to know more please ring Ingrid on 0409 543 644





From the Course Coordinator



This last edition of the newsletter for 2019 is a photo celebration of another successful year at Croydon U3A. We are going from strength to strength with a couple of new venues added to our stable this year, several new and interesting courses, some great presentations and, thanks to a very successful Open Day and Maroondah Festival, more new members. What a great achievement for an organisation run entirely by volunteers.



I am also delighted that we are forging a relationship with our Ringwood U3A friends. They have opened up their Summer School to our members, at no cost to you!!

Check on page 9 to see what they have on offer, but I would urge you to enrol asap as they can't take enrolments after 6th December.

Our enrolment days on the 18th, 19th and 20th November went extremely well, especially as we had to cope with a system melt down due to overload on our busiest day. I was impressed with the patience and understanding shown by members who got caught up in the system failure on the Tuesday. The problem was entirely out of our hands, but cool heads prevailed and it was heartening for the "workers" to get support and understanding from those in the queue.



Just a word about enrolment if you have not yet enrolled, you can still do so anytime online. I urge you to re-enrol asap, even if you have not yet decided which courses you want to join, because we can't communicate with you until you do. When the system is rolled over for the new year, all current memberships are removed. Re enrol now so we can keep in touch. For office assistance with enrolling, you've got till Friday 6th December.

WHAT'S NEW IN 2020?

Check out the information on page 9 in this newsletter for information about new courses and activities coming up soon. Also keep an eye on the Course List on our U3A Croydon website as we are always adding something new.

OVER 60s SHOULD EXERCISE

A recent study which looked at 1,119,925 men and women aged 60 years and older has shown that exercise can reduce the risk of cardiovascular disease of up to 11% compared with those who stayed sedentary, also for those folk who had previously been inactive. The researchers said their findings were evident even in people with disabilities and chronic conditions such as high blood pressure and type 2 diabetes. The researchers also acknowledged that "older adults found it difficult to engage in regular physical activity as they age" and "we believe

community based programmes to encourage physical activity among older adults should be promoted by governments". (The Age, Nov 10, page 17)

As a member of Croydon U3A you have an abundance of opportunities to engage in physical activity from dance, to bushwalking, cycling, gentle exercise, yoga, tai chi, swimming, aerobics, table tennis, walking football, walking cricket and soon, Pickleball. There has got to be something in that extensive list to get anyone motivated. Exercise has to be fun and engaging and it's best if you do it with others for the companionship and support. I believe Croydon U3A delivers that in spades. Join a group and have some fun!

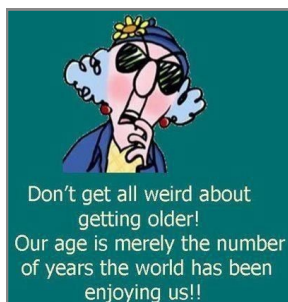


CROYDON COMMUNITY PRECINCT

We are keen to keep you in the loop about our discussions with Maroondah Council and our new headquarters which will be part of the Council development.



Council have recently released the draft Masterplan for the project and at the recent Maroondah Festival, a 3D model of the Masterplan was on display. That model is now located in the Croydon Library and I encourage you to go and have a look at it.



Don't get all weird about getting older!
Our age is merely the number of years the world has been enjoying us!!

So far, there have been no discussions relating to the specific requirements of individual stakeholders, but we need you to politely remind the council of all the good work we do as a volunteer organisation to improve the healthy ageing of our seniors and also the sheer size of our organisation in comparison to the other stakeholders. We deliver big results for a significant

portion of our elder population and with good facilities we will be able to do even more. You can provide feedback on the council's "Your Say Maroondah" website or go to the council desk, now housed in the Croydon Library.

As our year draws to a close I would like to thank committee members, tutors, volunteers and U3A friends for your support, kindness and good humour. Wishing everyone a very merry Christmas and lots more adventures in 2020.

Ingrid 😊



PS. Somebody, pleeeeeease, put your hand up to be Facilities Manager!

A big thank you to all the volunteers, who helped during enrolment week, sometimes under trying circumstances.

Enrolment week does not happen without a lot of hard work from a few dedicated people: Trevor Bellinger, Marg Atherton, Sue Martin, Ingrid Tiltman, Wendy Holmes, Margaret Dobson and Merv Amos.

A big thank you to you all, for your tireless work.

My apologies to anyone I have omitted.

To all the Day Managers, Assistant Day Managers and office volunteers, a warm thank you to you all for keeping the office open and running smoothly, through some difficult times.

Sue Lakeland



VOLUNTEERS

If you are intending to volunteer in the office next year please enrol in the course "Volunteer Office Duty" or

contact Sue Lakeland at:
suelakeland@optusnet.com.au

Wishing you all a happy, healthy and safe Christmas.

Sue and Marg



MEMBER SURVEY QUESTIONS/ SUGGESTIONS and our responses

Please make available the phone numbers of class leaders.

All tutors are expected to give their contact details to their class members so that you can advise of absence directly to your tutor. If you forget your tutor's phone number or email address you can contact the office on 9724 9544 and we will give it to you.



IMPORTANT NOTICE

ELECTRICAL TESTING AND TAGGING FOR 2020



Like all organisations, the U3A is obliged to have all the electrical equipment it uses both at its venues and offices as well as in its classes tested and tagged by a professional electrician or licensed company. Our obligations are in line with WorkSafe Victoria guidelines.

ON SATURDAY MARCH 7TH 2020 – STARTING AT 8 AM All electrical equipment used by the office, used by the U3A at our various teaching locations AND IMPORTANTLY USED BY MEMBERS WHO BRING THEIR APPLIANCES REGULARLY TO CLASS will be tested and tagged.

We therefore ask all tutors and members to make their electrical devices available at the U3A on this day at this time. Testing will take approximately 2 hours. All testing will be done at the U3A office. There will be no cost to members and appliances will be available for return to members by 10.00 am on the Saturday (7th March). Office will close at 12 noon.

Members can leave their electrical equipment at the U3A office on the Friday before (March 6th) between the hours of 12.30-1.30 p.m. Each item **MUST** be labelled clearly with the member's name, phone number and class. A reminder email will be sent to all tutors before the testing day asking them to work with their class to ascertain their tagging requirements.

Please contact either Sue Martin on geordm@optusnet.com.au, mobile 0411 380 688 or Allan Hawkins on allhwk@yahoo.com.au, mobile 0439 301 133 for further assistance.



FOR THE SAFETY OF ALL MEMBERS, ANY ELECTRICAL EQUIPMENT THAT HAS NOT BEEN INSPECTED AND TAGGED ON SATURDAY 7TH MARCH MAY NOT BE USED DURING A U3A CLASS. PLEASE NOTE THAT A 2019 TAG WILL NEED TO BE REPLACED WITH A 2020 TAG AND THE ITEM REINSPECTED. THERE ARE FEW EXCEPTIONS TO THIS RULE AND THESE APPLY TO PERMANENT ELECTRICAL FIXTURES. Your support in this process is needed!

SPEECHCRAFT

THANK YOU TREVOR for launching the Speechcraft class in 2014, with your kind, encouraging and effective methods, which have been remembered and appreciated by Gerda Weidemann, Pat Cavanagh, Rowena Schroeder, Val Scherer, Norbert Finke and me. Ian Tuffs also added his special expertise to the class. Trevor remains our valued mentor and we are always pleased when he visits us. We are all, always, in his debt. Speechcraft would not have existed without his initiative.



JOYCE ROWLANDS recently delighted us by singing Vera Lynn's "We'll meet again" really beautifully at U3A's Open Day and at the Maroonah Festival. At 90 years of age, I'm old enough to remember Vera herself (the Force's sweetheart) singing it during WWII and Joyce's clear sweet rendition brought it back to me with feeling.



FESTIVE DATES:

End of term Speechcraft parties on Tuesday December 3rd and Friday December 6th.

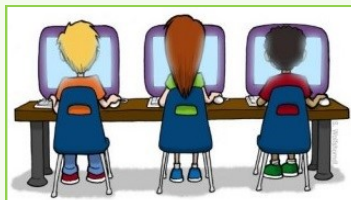


Christmas Day picnic breakfast outside U3A office with tree decorating competition - on 4 real trees!!

New Year lunch at Sofia's on Tuesday January 14th for Speechcraft, Potted Poets, friends and family - do come.
Philippa 5961 5812

COMPUTER CORNER

At this time, since the enrolments last week, there are still vacancies for 2020 in all the computer classes as well as iPad. If you intend to enrol in any of the classes don't leave it until the last week before commencement of the class as it may have been cancelled by then because of insufficient enrolments. Some of the classes are filling up fast so don't delay in enrolling and then become disappointed because you've missed out.



Microsoft Publisher (Wednesday 10.30-12.00 noon) is a program enabling a novice to create a professional-looking publication without going to a great lot of trouble. As you have control over what you design, it is more enjoyable and easier to use than Word. This course shows you how to use the templates, recolour clipart, and much more. These classes can be a lot of fun, and equip you with ideas on how to make gifts with your PC.

Joy 9729 9308

PLEASE REMEMBER TO WEAR
YOUR NAME BADGE TO CLASSES



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

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
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

WHAT IS PICKLEBALL?

Described as a cross between tennis, badminton and table tennis, the sport was created in 1965 by a group of friends in Bainbridge Island, Washington. Since then it has taken off in the US, with part of its success coming from its all-ages appeal, with its small court and slow-moving ball making it particularly popular, with reportedly more than 3 million players.

Pickleball was introduced to Australia just three and a half years ago by Gabi Plum, who is the President of the Pickleball Association of Australia. Ms Plum said the simplicity of the game probably explained part of its appeal. "It's such an easy game to learn," she said. "Within 10 minutes you're on a court playing with people who have been playing for some time."



The court size is similar to that of a badminton court and can be played indoors or outdoors. Players use special paddles and a wiffleball (perforated plastic ball) and games are played either singles or doubles.

Come and join in at the **Come and Try days** to be scheduled in February 2020 from 10am-12pm (dates to be advised in the next newsletter) at the Maroondah Nets, 154 Heathmont Road, Heathmont. For more information, call Croydon U3A on 9724 9544.

It is worth watching the ABC News feature on Pickleball, Aug 20, 2019

<https://www.youtube.com/watch?v=NgpUA2Tff3U> (This is not a live link, you need to copy and paste it into your browser)



The Rules of Pickleball

- ◆ The rules of pickleball are predominantly the same as tennis or badminton
- ◆ Scoring is similar to badminton - you can only score a point while serving.
- ◆ You cannot volley the ball while standing in the area closest to the net (called the kitchen)
- ◆ Serving must be underarm

DATES FOR YOUR DIARY

2019 / 2020		
Friday 6 December		Last day of U3A term, office closes at 12.30 pm
Thursday 12 December	12.00pm	Tutors' Xmas Luncheon, Dorset Gardens Hotel, Elms Room (RSVP required)
Tuesday 28th January to Friday 31st January	10.00 - 12.30	Late enrolments at the office (you can enrol online any time)
Monday 3rd February, 2020		Classes resume
Saturday 7th March	8.00am	Testing and Tagging at the U3A office (see page 3 of this newsletter)
Wednesday 25th March	10.00am	Annual General Meeting

TUTORS' CORNER

Now that enrolment week is over and more than 750 people have enrolled or re-enrolled, it's time for Tutors to check your course information as it is listed on the website. Please make sure we have got the day and time correct, check the description of your course and name of co-tutor (if any). Please 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. You can make changes to your course description any time ... just contact Marg Atherton or myself.

Most classes/activities will be finishing up in the week ending 6th December. Whatever day you finish, would you please double check 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. Ask your members to help you on the last day with packing up. If you use any storage at the venue, please give it a tidy up too and take away anything you no longer use. We don't want any issues over the holidays due to our carelessness.

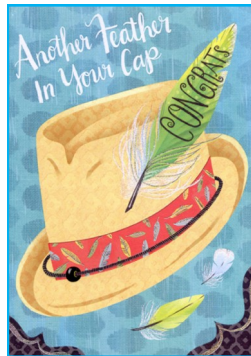
It is always great to have contributions to the newsletter from classes. Whilst the newsletter is an important communication tool it is made that much more readable with the inclusion of photos and stories from your groups. The newsletter schedule for 2020 is posted below on this page.

I am looking forward to catching up with many of you at the Tutors' Luncheon on 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. Please note: Acceptances for this year's function have closed.

Ingrid - Course Coordinator 0409 543 644

A FEATHER IN THEIR CAPS

We are delighted to advise that "The Croydonaires", a small group of members from our Guitar and Ukulele Group, have been chosen to play as support act to "Trouble In The Kitchen" (a group who have earned the reputation of world class performers of traditional Irish music) at The Victorian Folk Music Club's monthly concert in the Ringwood East Community Hall, Knaith Road Reserve, Ringwood East (Melway 50 B8) on Tuesday 10th December.



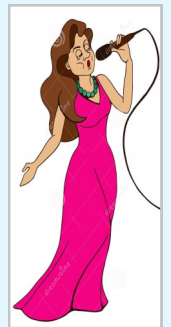
The concert commences at 7.45 pm and admission is only \$12 concession, which includes a light supper.

"The Croydonaires" perform regularly at many local charitable functions and it is fitting that they are now having the opportunity to perform alongside acclaimed acts such as "Trouble In The Kitchen". They would be delighted if you could come along to the concert to hear their performance.

GREG'S CHRISTMAS PUZZLE

Christmas Raffle

Ticket sales in the Christmas Hamper raffle at the local golf club were sluggish. By the time the greenkeeper's daughter arrived on stage to deliver her stirring rendition of *Hey Big Spender!* only 80 had been sold. The MC then announced that tickets 81 onwards would sell for 80% of their previous price. At the end of the evening, the treasurer noted that receipts from the first 80 tickets exactly equalled those from the rest of the sales. What was the total number of tickets sold?



Answer on page 10 (web edition only)

NEWSLETTER 2020	Deadline for copy to be submitted
Start Term 1	Saturday 18 January
End Term 1	Saturday 7th March
Start Term 2	Saturday 18th April
End Term 2	Saturday 6th June
Start Term 3	Saturday 18th July
End Term 3	Saturday 29th August
Start Term 4	Saturday 10th October
End Term 4	Saturday 21st November

HAND
AND
FOOT
CANASTA
Wed
12.45
Cheong
Park



Lots of brain power being exercised in this group!

FRENCH CLASS TRIP TO FRANCE

This year I achieved my goal of taking a group of French language students on a cultural and linguistic tour of France.

We met at FIAP in Paris (an international student hostel) on 23rd September and travelled through France by bus, visiting Chartres, Tours, Limoges, Toulouse and Carcassone, as well as chateaux in the Loire Valley and many villages in between.



On to Montpellier, where we spent six days and the students participated in French classes provided by a local language school, Langues Sans Frontieres. We returned to FIAP in Paris by TGV on the 5th October.

“Un grand merci” to the seventeen participants in this trip – twelve from Croydon, three from Manningham and two from Waverley.

GET provided the itinerary, arranged the accommodation and booked us into several guided tours. A memorable learning experience for all!



Janine Oschenbein



“History is fun!” The Australian History class held a fashion on the fields day for the Melbourne Cup Day followed by talks on the history of the Cup.



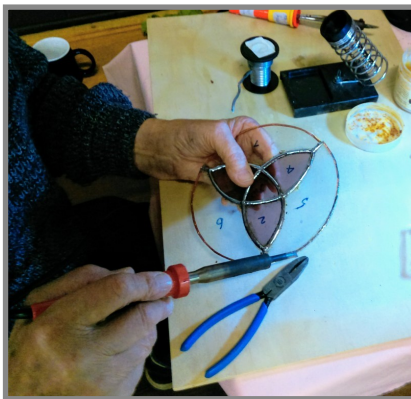
Is NBN coming to your area soon? Perhaps you have recently connected. Our recent presentation “What is NBN?” was well attended and Gabe from nbn co provided information and answers to members’ questions. Due to the success of that session, we will be running it again on Wednesday 18th March at 2.00pm at the Kilsyth South Baptist Church. You can enrol online (Course code: 20HUM074) or at the office.

LEADLIGHTING



Sharing a table for soldering

Requires patience of an angel



Not completed yet

**MONDAYS AT AINSLIE PARK HALL,
9.00 - 12.00
Contact Loretta 9726 0452**



Close up of work

Birds of a feather



Taking a break



Nearly finished

CHRISTMAS BREAKFAST

Our Speechcraft class is hosting a Christmas Morning Picnic Breakfast at 9.00am outside the U3A office. We hope that people who might otherwise be alone on Christmas day will attend. There's no need to stay long, just come along to socialise, bring a light meal, a chair if possible, a musical instrument and / or a well behaved dog if you like!

Ring Philippa on 5961 5812



volunteer
do good, feel good

WHAT'S NEW?

SHORT MOVIE MAKING

This new course will be great for all those wanting to learn about amateur acting, cinematography, directing and editing.



This course is for beginners but also for those with a little experience and enthusiasm for movie making. You don't need any fancy equipment, just bring your camera, smartphone or video camera. Contact Richard on 0423 943 957 if you want to

know more or check out the listing on the Croydon U3A website.

Wednesdays, 12.00 to 1.30 at Kilsyth South Baptist Church, Room 1.

WHAT'S COMING SOON?

LEARN ABOUT FINANCE AND INVESTING

This session will be great for anyone who is interested in learning about investing in Bitcoin, Crypto Currencies, Foreign Exchange, Shares, Gold/Silver etc.

The program will be tailored for beginners who are starting out to invest or experienced investors that want to grow/protect their portfolios. We will discuss world financial issues and how we can prepare ourselves for pending changes.



If you want to know more, you can contact Keith on 0410 316 542

Wednesdays, 10.30—11.30 in Athletics Club Room
(This class is not yet listed on the website but will be posted soon)

BIBLE PROPHECY

Paul Ambrose, who brought you "The Book of Revelation" this year, is back in 2020 with a short course on Bible prophecy. This is a huge topic so Paul is happy to cover those areas that interest participants most.



Tuesdays, 1.00 to 3.00 at Mooroolbark Baptist Church, Hull Road, Mooroolbark.

Enrol online or at the office 20HUM047

PLAY READING

It's a form of theatre without sets and costumes. Seated around a table, participants read scripts out loud with each person playing a different character. It's a great way to immerse yourself in a story. Think of it as a radio play. Should be lots of fun. If you want to know more, have a chat with Karyn on 0434 394 321.

Details yet to be confirmed so keep an eye on the Croydon U3A website, under the Arts category.



Mondays, 9.30 to 12.00 in the Athletics Club room.

Summer School at Ringwood U3A

Ringwood U3A have very kindly offered to open up their Summer School courses to our members at no cost.

If you are interested in any of the following courses, please contact Ringwood U3A on 9876 2925, and identify yourself as a Croydon U3A member. But hurry, they need to know before 6th December.

If you want more details about these classes go to the Ringwood U3A website and check out their course list.

<https://www.u3aringwood.org.au/members/massTemplate.php?action=listEvents>

20SUM030	An Expats Life in Hong Kong Summer Class	PARKWOOD 2	14/01/2020	Tue	9:30	SUMH
20SUM040	History of Film Making Tuesdays (Summer)	PARKWOOD 1	07/01/2020	Tue	12:30	SUMH
20SUM045	History of Film Making Thursdays Summer	PARKWOOD 1	09/01/2020	Thu	12:30	SUMH
20SUM050	Gastro Intestinal Tract Good Digestion	PARKWOOD 1	08/01/2020	Wed	9:30	SUMH
20SUM060	Elders & the Law Summer Class	PARKWOOD 2	08/01/2020	Wed	9:30	SUMH
20SUM070	The History of Jazz - Summer Class	PARKWOOD 4	08/01/2020	Wed	13:00	SUMH
20SUM080	Wine Appreciation - Summer Class	PARKWOOD 4	08/01/2020	Wed	14:30	SUMH
20SUM090	Family History on Line - Summer Class	PARKWOOD 1	09/01/2020	Thu	9:30	SUMH
20SUM100	The World of Fossils - Summer Class	PARKWOOD 2	09/01/2020	Thu	9:30	SUMH
20SUM110	Walks in the Local Area - Summer Class	OFFSITE	09/01/2020	Thu	9:00	SUMH

AUSTRALIAN HISTORY: For anyone interested in Australian history from an aboriginal perspective in colonial times, Ringwood U3A are running a 2 term course in 2020. Associate membership is \$40. Ring 9876 2925 to enrol.

Start Term 1 Newsletter is due to be posted Tuesday 28 January 2020 and will be on the website Saturday 25 January. Contributions due Saturday 18 January, 2020.

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.

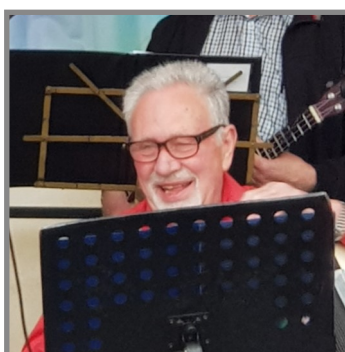
If you hear of any member who is not well or has suffered a loss, please contact our Welfare Officer Trish on 9736 4510 or email the office.



OPEN DAY



MERRY CHRISTMAS TO ALL



MAROONDAH FESTIVAL



Solution to Greg's puzzle, page 6

Let N = the total number of tickets sold and p = their initial price Hence from the information given $0.8p(N - 80) = 80p$ Cancel p and rearrange $0.8N - 64 = 80$ Transposing $0.8N = 144$ Hence $N = 180$