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PRESIDENT'S MESSAGE

As I sit down to write my last president's report I am disappointed and a little frustrated that this organisation of more than 1,000 members cannot find a maximum of 14 people to serve on the committee that makes our enjoyment possible. In particular the four executive positions that are essential to comply with our incorporation rules are once again proving extremely difficult to fill. When we ask people if they are interested in helping out on the committee their reaction often feels like you have asked them to join an alien cult! I can assure you there are no aliens on the committee, but if we do not find members prepared to help run the organisation U3A Croydon will cease to exist.



I have seen what happens in a U3A when one person holds on to an executive position too long. It was definitely not good for the U3A and I am determined that will not happen to us. However the result will be similar if nobody else will take their turn in a leadership position.



There are no pre-requisites for any position on the committee except perhaps the ability to use a computer. We have all learnt on the job, maybe drawing on experience in our previous working lives and then being guided by others who have experience on the committee. It is really very little different to being a member of a very active class in U3A. In my 12 years of being either active on or very closely involved with the committee I have found it to be a great learning experience.

Now onto something much more pleasant. Our office is to have a complete renovation over the Easter break. New furniture and fittings will be installed and be ready for the start of term 2. This of course has meant a lot of work behind the scenes so my thanks go to all of those who have made a contribution to this project. I hope all of you will enjoy and appreciate the changes made next time you visit the office.

AS our AGM is due in a matter of days, on your behalf as well as my own I thank the members of the committee for their work and commitment this year. In particular I would like to acknowledge Bernie Simmons who has been our treasurer. Events in Bernie's life outside U3A have meant that he is not able to re-nominate for a further year so I thank him for the effort he has put in and in collaboration with Sue Martin has kept our books in great shape. I would also like to acknowledge and thank Allan Hawkins who has been our Facilities Manager and a great help to Ingrid in sorting out problems at our assorted venues – there is a vacancy with no committee commitments!.

As I was born on Easter Sunday I feel I can claim a close relationship to the Easter Bunny. So eat lots of chocolate and hot cross buns, have a good time enjoy the break from classes and return full of enthusiasm ready for term 2.

I will see you at the AGM won't I!

Geoff Steventon

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

ANNUAL GENERAL MEETING

Wednesday 25th March
at 10.00am
in the Swim Log Cabin

All classes cancelled

U3A office closed

See page 3 for more
information

From the Course Coordinator

What is Ageism?

- ♦ When you look around at all the media that doesn't feature seniors except in a negative way
- ♦ When the shopping centre caters almost exclusively for the young
- ♦ When your opinions are not taken seriously because of your age
- ♦ When jokes are made at your expense
- ♦ When it is assumed all older drivers are bad drivers
- ♦ When products are advertised as anti-ageing

All of it is ageism. Like all other "isms" it's applying a broad label to everyone in a section of the population that may or may not be relevant to some. And guess what, we seniors are often guilty of promoting those ageist stereotypes ourselves. "I couldn't do that, I'm too old". If you misplace your keys it's because you're getting old ... if your adult son or daughter misplaces their keys, it's because they are busy.

"Ageism is a huge problem because it affects confidence, quality of life, job prospects and health of older Australians. There is no doubt that ageing brings its own set of challenges. Some of us will become frail and experience cognitive decline, BUT, not all of us and not nearly as many as the stereotypes suggest. Some of us will be lonely and grumpy, just as some 20 year olds are lonely and grumpy." ("The Real Old" pp3)

So what can you do about it?

- ♦ Call out ageism when you see/hear it
- ♦ Challenge the stereotype ... be that person that doesn't fit the mould promoted by ageists.
- ♦ Take care of your health and fitness
- ♦ Wear a smile, be positive
- ♦ Promote and celebrate older people
- ♦ Grab a copy of "The Real Old" from the U3A office and learn more.

Maroondah Council in partnership with Humankind Enterprises are keen to promote positive stories about seniors in our community. At U3A we are collaborating with council by conducting a series of interviews with seniors who are positive and engaged in their community and these stories will be publicised on council websites and events. Here is our chance, as an organisation that represents seniors, to dispel those stereotypes and show everyone that getting older can be a time of fun, new learning and friendships and a chance to give back to the community with all the rewards that it brings.

PLEASE REMEMBER TO WEAR
YOUR NAME BADGE TO CLASSES



Coronavirus - who knows where this is going, by the time you read this page, everything may have changed again but one thing we do know ... the best way you can protect yourself and others around you is to **WASH YOUR HANDS and STAY HOME IF YOU ARE FEELING UNWELL.**

I would urge all U3A members and tutors to stay away from classes if you are unwell. Please don't attend and potentially infect other members. Tutors should expect their classes to diminish as members take a cautious approach and tutors should advise me or the office if you need to stay home and cancel your class.

On a happier note, everyone on committee is looking forward to our office refit, however before the new furniture can be installed, we need to get rid of the old.

On page 8 there are photos of all the furniture that we need to get rid of and if there is something there that you can use, please come to the office and put your name on it. Anything not claimed by 30th March will be put in a skip and taken to the tip.



Have you found another class that appeals to you since enrolling last year? You can enrol anytime, at the office or online using your computer, laptop, tablet or smart phone. Not sure how to do it? Pop into the office and we'll show you how.

Need to get moving? Want to try out some new activities to improve your health and fitness, not sure what would suit you? Well here's your chance to see 4 new sports on display. Maroondah Council is hosting a "Come and Try Walking Sports" day. You can watch, join in, try one, try them all. More information on page 9.

By all accounts, Testing & Tagging went well last weekend. Big thank you to Sue Martin and Allan Hawkins for organising and running it and thank you to all tutors and members who brought in their electrical items.



Ingrid

NEWSLETTER 2020	Deadline for copy to be submitted
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

U3A CROYDON COMMITTEE 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

U3A CROYDON LEADLIGHT CLASS NEWS TERM 1 2020



All our lead lighting members are enjoying creating glass work as they are so diverse in size, colour and designs, imaginations have no bounds in creativity with this form of art design.

Loretta Rees - Christmas angel

Choice of glass colour, pattens within the glass and size of glass only enhance our individual talents on one's ideas.

"A big thank you" to our Tutors who have given us lots of support with any queries one has, to help with the outcome of our projects.



Loretta Rees
Butterfly



Joy - Autumn Leaves



Joyce Baston
Lamp shade panel



Lori Evans - Rose plaque sun catcher

AGM on 25th March, 2020 - 10am in the Swim Log Cabin

We are now a large VOLUNTEER organisation and with workloads increasing we need to support some of the Committee members with an assistant (non-committee position) to help to share the work around. We also need volunteers to help in the office. It is vitally important that each of you make an effort, no matter how small, to assist with the tasks of running your U3A!



Committee members need to be computer literate and have a home computer, laptop or iPad with internet facilities. If you want more information about a committee position or an assistant role or want to help in the office, please contact a committee member asap.

Role Descriptions are available from the office , or you can ring the U3A Croydon Office on 9724 9544.

EXPLORE MELBOURNE

Labassa is one of Australia's most outstanding 19th century Mansions. Originally built in 1863 as a small home, by 1873 it had been transformed into a 20 roomed mansion on 12 acres of land. Now owned by Alexander Robertson of Cobb and Co fame it was decorated with the finest embossed wallpaper and elaborate painted ceilings to create the "grandest home in Melbourne".

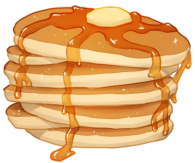


We will be visiting Labassa on Tuesday 21st April. Cost \$11 to be in office no later than Thursday 26th March. Last carriage 9.02 train from Croydon to Flinders Street, No. 3 tram to stop 43 followed by a short walk. Tea and coffee may be available at your own cost (fingers crossed).

Ring me, Gwen Owen, on 9870 0483 to book your spot. Bookings will not be accepted by any other means of communication. Please remember to wear name tags. Unfortunately, there are no cafes/eating place close to Labassa, however you can hop off the tram on the way home or return to Flinders Street or BYO, though I am not sure if there are seats in the garden area.

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



Term 1 has been a short but busy one.

We had mini pancakes on Shrove Tuesday and celebrated several birthdays.

Our theme for this year is "Save the Planet" and speeches on this subject are being encouraged.

We have been thinking of small ways in which households and drivers can reduce their carbon output.

The following list was produced:

- Collect soft plastic waste to make furniture
- Compost as much as possible to reduce rubbish in domestic bins
- Collect rainwater for domestic and garden use
- Use solar panel power only during daylight hours for large appliances
- Drive smaller cars and take fewer journeys
- Separate bottles, tins and plastics for collection
- Check bills to monitor a steady reduction in consumption of energy water and petrol.



Extra ideas are welcomed.

We look forward to an Easter holiday lunch at Sofia's on Friday April 3rd and invite Potted Poets, other groups, friends and relatives to join us.

Joe Bast, one of our Friday class members, is a graphic artist and has designed a new flyer to advertise Speechcraft, so I will soon distribute it.

Best wishes to all, Philippa Pavillard (Speechcraft, Tuesdays and Fridays, Ainslie Park hall at 2.00pm)



Have you seen the new Office Volunteers Resource Manual in the office? Next time you are on duty please familiarise yourself with the manual.

It is there for you to refer to when in doubt.

GREG'S PUZZLE - Orderly vowels

Can you think of two English language words that contain all the five common vowels, each used once only, and in the same order that they appear in the alphabet?



Answer on page 10 (web edition only)

COMPUTER CORNER

Some time back we had a holiday at Marysville and I made the most of the time videoing the bushwalks on Trevor's iPad. But, as I had never done it before, I made quite a few errors such as filming my feet, not realising I had the video running, and stopping the filming instead of pausing etc. Sometimes the unexpected occurs when filming and you don't have time to edit on the spot. Consequently, I had a number of very messy videos that I wanted to make into one with reasonably good pictures.

IS THIS YOU? WELL, THE FOLLOWING NEW COURSE may be FOR YOU



Wednesday 17th & 24th June @ 10.00-11.30

This course is for pupils who are experienced on the computer and keen to learn how to edit videos using the Photo App with videos taken on a video camera, tablet (iPad) or mobile, and those that have been downloaded from the internet. This course is for those who have already done my Photo App Course as it is an extension of that, and for new pupils.

The course includes how to:

- ♦ Combine a number of videos to create a professional looking one
- ♦ Split a video to edit
- ♦ Shorten and remove sections, that is, trim the video
- ♦ Change the speed
- ♦ Add narration, sound and music.



OneNote is a digital note taking app designed to keep you organised. It is great for class notes, recipes, To Do Lists and sketches. It is a means of having all the notes you have taken in one place instead of having them on numerous pieces of paper scattered around on your work area. You can capture a recipe on your PC and then view it later on your phone. You can also share your notes with family and friends.

This course is to be another new short term course possibly next term. As yet a day and time has not been decided, so if you would like to record your interest, contact me and keep your eye out on the Newsletter and website.

* * * * *

Keep your eye on the website and newsletters for the various classes, in particular short-term classes. Third term hasn't been organised at the moment but will be organised well into term 2. You can enrol in any of these classes at any time. You will receive an email with a reminder before commencement.

Enquiries: Joy 9729 9308

DATES FOR YOUR DIARY

2020		
Monday 23rd March	11.00 - 2.00	Walking Sports Expo at "The Nets" Heathmont stadium. (see page 9)
Wednesday 25th March	10.00am	ANNUAL GENERAL MEETING at the Swim Log Cabin
Friday 27th March		Last day of Term 1
Friday 3rd April	12.00 noon	Speechcraft and friends luncheon at Sofia's, Maroondah Highway Croydon
Tuesday 14th April		First day of Term 2

TUTORS' CORNER

Hello Tutors

We are almost at the end of Term 1. Please remember to email, post or hand in to the office, your completed Attendance sheets, before the end of term.

SOME IMPORTANT REMINDERS

The Annual General Meeting will be held on Wednesday 25th March in the Swim Log Cabin. Please note **ALL CLASSES ARE CANCELLED - NO EXCEPTIONS**. This gives everyone the opportunity to attend the AGM and also ensures we are not discriminating against morning classes.

Tutors, we would be pleased if you could encourage your class members to put their hand up to help in some way in our organisation - as a committee member, office helper, with events, tutoring etc. (I'm still looking for a facilities manager!) U3A Croydon doesn't run on fairy dust ... we need lots of people to share the workload.

New members - did you get any new members in your class this year? It's very important that you and your class members make that new person feel welcome. Sometimes it can be a big and daunting step to front up at a class where there is not one familiar face, but a friendly hello, an introduction and perhaps a bit of extra attention will ensure the "newbie" will want to stay and will help them develop those social connections that we know are so important.

There will be no Tutors' Meeting in the coming holidays as all committee members will be busy with the office refit. I hope to put out a bulletin to all tutors instead.

Ingrid - Course Coordinator



2020 Dinner Date - Tutor (Host) Merv Amos

Dinner Date kicked off this year with 34 in attendance at Ora D'Oro Restaurant in Croydon. We welcomed 8 new members to our group and a good time was had by all. Our number has grown this year to 50 on our list so I expect finding restaurants that can cater for larger numbers may be a little more difficult.



Our next outing is to the Chirnside Park Country Club where this will not be a problem. Our area is blessed with a wide variety of restaurants to choose from so we will endeavor to find restaurants with different cuisines to try during the year. We are always open for any suggestions for us to try so please tell us.

Please ensure that you are wearing your U3A badge on all outings. This is a mandatory requirement for all U3A outings. It also will assist me in getting to know you all.



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

Bon Appetite, Merv

RINGWOOD HIGHLAND GAMES



The games have been postponed due to the government's restriction on public gatherings with over 500 people.

Our Guitar & Ukulele group along with our

Croydon U3A singers were scheduled to perform at the Games.

When the games are rescheduled we will let you know.

A reminder to members, please take note of the temperature guidelines for hot days as advised by your class leader.

This information is also listed in the course description. Some classes do get cancelled due to hot weather.



DO YOU HAVE HIP PAIN?

Volunteers with hip pain are wanted for a new research project conducted by the Department of Physiotherapy at The University of Melbourne.

For more information contact Ingrid 0409 543 644

What's On?

SPIRITUAL AWAKENING

A question for you: Are you who you think you are... or are you more than you've ever dreamed possible?

Spiritual awakening, involves opening and connecting the mind with the heart centre. It's a process more closely associated with one's psychology, the emotional body, and the soul, the return of what the Taoists call the Original Spirit, or what Jung called the Self, and it's this return of Spirit that makes us truly human.

Our spiritual awakening opens the door to the realization that science and technology are closely connected with spirituality, and that psychic phenomenon and afterlife exist.

Sense that one's life matters and that is worth living

By being open minded through discussion and learning we will awaken our capacity for deep intuition, empathy, and compassion — and deepen your heart-brain connection for a greater you.

Maria Kurdian

20HUM045 Tuesdays 11am starting Term 2

WHAT IS NBN?

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.



**ENROL ONLINE OR CALL INTO THE OFFICE
AND SOMEONE WILL HELP YOU**

CORONAVIRUS (COVID 19)

There is currently a lot of media attention devoted to the outbreak worldwide of the Coronavirus. The situation is evolving and we have no way of knowing what is going to happen in the next week, month or beyond.

In these circumstances it is essential that the information you get is from a reliable source.

At this time, our parent body, U3A Network has given advice to member U3As and that advice has been reproduced here → *(Apologies for the poor quality of the flyer, but it didn't reproduce well. If you are reading this online you can zoom in for a clearer view. If you have a printed newsletter you can collect a copy of this flyer from the office)*

At the time of writing, our advice to tutors and members is to assess your personal situation and take action accordingly. Tutors who wish to cancel classes should let the Course Coordinator or the office know and we can help with advising your class members.

Any changes that impact the functioning of our U3A will be communicated to tutors and members as quickly as possible.



Network Victoria
UNIVERSITY OF THE THIRD AGE

Patron: Her Excellency The Honourable Linda Dessau AC Governor of Victoria

COVID 19 RESOURCES ON DHHS WEBSITE

Ten ways to reduce your risk of coronavirus:

- **Wash** hands often with soap and running water, for at least 20 seconds. **Dry** with paper towel or hand dryer
- **Try** not to touch your eyes, nose or mouth
- **Cover** your nose and mouth with a tissue when you cough or sneeze. If you do not have a tissue cough or sneeze into your upper sleeve or elbow
- **Isolate** yourself at home if you feel sick. If you take medication ensure you have adequate supplies
- **Phone** your GP first if you need medical attention. They will tell you what to do
- **Continue** healthy habits: exercise, drink water, get plenty of sleep
- **Do not** wear a face mask if you are well
- **Buy** an alcohol-based hand sanitiser with over 60 per cent alcohol
- **Get** the flu shot (available in April)
- **Shaking hands** is optional!

Where can you get more information?

For Victorian updates to the current incident, go to:
<https://www.dhhs.vic.gov.au/novelcoronavirus>

For national updates:
<https://www.health.gov.au/news/latest-information-about-novel-coronavirus>

For international updates:
<https://www.who.int/emergencies/novel-coronavirus>

World Health Organisation resources:
<https://www.who.int/health-topics/coronavirus>

DHHS also has developed some posters to encourage people to wash their hands and to cover your cough and sneezing. Your U3A may consider these helpful.

Wash your hands poster:
<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/wash-your-hands-regularly-poster>

Cough your cough and sneeze poster:
<https://www2.health.vic.gov.au/about/publications/policiesandguidelines/cover-your-cough-sneeze-poster>

Oh Yes! IT'S
FREE

We are getting new office furniture during the holidays. As a result, all the current furniture including desks and bookshelves **are free to anyone who wants them.**

Furniture must be collected from the office on Monday 30th March. If you would like to reserve something, please come into the office and place your name on the item.

Also free are all the books on the bookshelves.



Desk with one drawer ↑



↑ Cube units x 4



Book shelves x 2
↑



← Small 2 drawer unit ↑

If you want more information or dimensions please ring the office or come down and have a look.



Front reception desk
← →



Canasta class celebrating Anne Goodall's "21st" birthday.

Hand and Foot Canasta
(20GAM010)
Wednesdays 12.45
at Cheong Park

Rae Bartlett - Tutor

FREE PROGRAMS FOR YOU !!

Are you interested in learning more about mental health? Would you like to increase your mental wellbeing and that of your family and friends?

Maroondah City Council is proud to present a series of free programs for the Maroondah community focusing on mental wellbeing.

Program 1 - Understanding mental health

Tuesday 24 March, 9.30am to 4pm

Council Offices, Braeside Ave, Ringwood

Facilitated by Geoff Ahern, a senior mental health clinician and educator with Mental Health First Aid Australia, this workshop will increase your knowledge of mental health including recognising the signs and symptoms of mental health conditions and the possible causes or risk factors.

Bookings: (Control + click to follow this link)

<https://www.trybooking.com/book/event?eid=594995&>

FREE COME AND TRY DANCE SERIES

Wyreena Arts Centre from 10am-12pm. Participation is free and refreshments are served. Registration through the Council website or you can call Customer Service on 1300 88 22 33.

Kilsyth Basketball Association will be hosting a pilot program of Walking Basketball in Term Two. This will be a 6-8 week program which will be free of charge thanks to funding from AUS Sport and Basketball Australia. It's basketball in a safe (at walking pace only) and welcoming environment. This is an unique opportunity for you to experience something new and exciting and will provide a platform for many of the participants to relate on a whole new level to many of their grandchildren who play the game.



Here is a link to our video which gives you a better understanding of the program.

<http://basketballvictoria.com.au/walking-basketball>

If you have any questions, please contact Kathy on 0425 743 319.

COME AND TRY WALKING SPORTS FOR SENIORS

Walking Sports are a great way for the over 60s to take part in a "friendly" non-competitive environment, where the emphasis is on participation and fun.

Come and try a range of walking sports to get you active and fit. Have fun and meet new people. You are sure to find a sport that suits you.



Come and Try:

- Walking netball
- Walking cricket
- Walking football (soccer)
- Pickleball



Enjoy free skills sessions from 11am plus a game demonstration for each sport.

IT'S FREE PLUS YOU CAN GRAB A 10 SESSION FREE PASS !!

WHERE: Maroondah Nets, HE Parker Reserve, Heathmont Road, Heathmont

WHEN: Monday 23rd March, 11am to 2pm

PHONE: 1300 88 22 33 OR 9298 4598

WWW: www.maroondah.vic.gov.au

COMMUNITY SURVEY

Council is inviting members of the community to share their thoughts and ideas for Maroondah's Liveability and Wellbeing Strategy 2021-2031. Council is committed to enhancing the health and wellbeing of its residents to enable them to live healthy and socially connected lives. Our existing Health and Wellbeing Plan 2017-2021 concludes next year therefore we have commenced community consultation for Council's next health and wellbeing plan - Maroondah's Liveability and Wellbeing Strategy 2021-2031.

We are interested in your thoughts on the liveability of Maroondah and the wellbeing of our community and would appreciate you taking the time to complete a quick survey available at: <https://yoursay.maroondah.vic.gov.au/liveability-wellbeing> or contact council on 1300 88 22 33 for a paper copy.

Start Term 2 Newsletter is due to be posted Tuesday 28 April, 2020 and will be on the website Saturday 25 April. Contributions due Saturday 18th April, 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 Christine Hawkins on 0407 301 133

or email the office.



Dave Morgans



Watercolour
classes
Mondays and
Wednesdays in
the
Swim Log
Cabin

Anne
Duffy



Helen Knight



Gemma Jordan

Solution to Greg's word puzzle on page 4
ABSTEMIOUS and FACETIOUS