

**DANDENONG**  
UNIVERSITY OF THE THIRD AGE

U3A Dandenong Inc. ABN 86 401 693 866

**November 2019**

U3A's "Dandy Bikers" are now proudly displaying their new shirt!



**Coming Events**

**Christmas Lunch**

**Sandown Park Hotel**  
Monday, November 25<sup>th</sup>  
11:30 for 12 noon start

**1<sup>st</sup> Semester**

**Classes re-start**  
Monday 3<sup>rd</sup> February 2020

The Dandy Bikers ladies look to the future whilst the lads reflect!

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**U3A DANDENONG Inc.**

proudly supported by:



## Key Information & Contacts

**Address** - Paddy O'Donoghue Centre, 18 Buckley Street, Noble Park. 3174

**Telephone** - 03 9546 2997

### Office Hours

Mon, Tues, Thurs & Fri – **10am to 3:30pm**

*Note: Not open on Wednesdays*

### Email

**Office** - [u3adandy@froggy.com.au](mailto:u3adandy@froggy.com.au)

**NEWS Contributions** – [newsdandyu3a@gmail.com](mailto:newsdandyu3a@gmail.com)

**Facebook** - [Facebook.com/u3adandenonginc/](https://www.facebook.com/u3adandenonginc/)

### Meeting Venues

- Uniting Church Hall, Birch Ave, Dandenong
- Paddy O'Donoghue Centre, 18 Buckley St, Noble Park, Dandenong North
- Senior Citizens' Club, Latham Cresc, Dandenong North
- Dandenong Memorial Hall, 10 Langhorne St, Dandenong
- Endeavour Hills Leisure Centre, R. McMahon Blvd, Endeavour Hills
- Keysborough Senior Citizens, 352 Cheltenham Rd, Keysborough
- Tirhatuan Park - (Enter Kriegel Way) off Outlook Drive, Dandenong North
- Lexington Gardens, 114 Westall Road, Springvale

## Contacts

Name	Position	Phone
Vivienne Fernandes	President	03 9798 1312
Jim Archibald	Vice-President	03 9700 1965
David Purdon	Secretary	0425 732 333
Claudia Cespedes	Treasurer	0415 108 196
Heather Seymour	Executive Officer	03 9546 2997

## President's Report

I welcome you all to our last edition of U3A Dandenong Inc Newsletter for 2019. The time seems to have flown by very quickly with a lot happening and we are almost to the end of our 2<sup>nd</sup> Semester. It will not be long before we are all having a break.

First, I would like to thank all members that have been assisting me in various ways in working for our U3A. This includes our Committee Members, Tutors, Volunteers and others I have asked to assist me. You contribute generously to making our U3A a success.

Many of you have taken part in a lot of activities conducted by the City of Greater Dandenong during Seniors Week in October 2019. U3A members played an active role in participating and promoting activities to the wider community. I urge other classes/activities to think about showcasing U3A for next October.

The Monday Line Dancing Group took part in the Seniors Festival Launch on 1 October 2019 at the Springvale Town Hall and also at the Dandenong Plaza on 7 October 2019. Our Karaoke singers held an open day on 11 October 2019. U3A Committee Members put on a barbeque on 8 October 2019 despite the inclement weather. A big "thank you" to Barbara Walker and Shirley Constantine, both organised and managed the BBQ after a regular Committee meeting. Barbara stepped down from the Committee at the September AGM, but still worked to make the event a success. You show such dedication Barbara.

I attended the Seniors Multicultural Dance on 20 September 2019 at the Town Hall and the Seniors Afternoon Dance on 25 October 2019 at the Jan Wilson Community Centre. Both events were popular and well attended. Many of our members



who attended enjoyed themselves and had complimentary things to say. The Council is one of our supporters and we in turn need to support them when they organise events for the community.

We had our yearly Art & Craft Show and Annual General Meeting (AGM) on 23 September 2019, at the Jan Wilson Community Centre. As has been customary, our various classes put on a varied display of the art, craft and plants. I was impressed with our very talented members and budding artists. I welcome our new Committee members and look forward to working with them. A list of current committee members is in this newsletter and also on the website. It pleased me to see so many of our members in attendance at our AGM. However, many did not sign the attendance record. We need to maintain names of members in attendance.

We have been fortunate with our local businesses and some members, who donated excellent prizes for our raffle draw at the AGM. We were able to raise just over \$1,000 to assist with our expenses. This was a good effort and we hope to top that next year.

On 17 September 2019, I represented our U3A at the Ethnic Seniors Leaders Forum at Tattersall Pavillion. I met representatives of many small and emerging ethnic groups. U3A Dandenong was presented a certificate of appreciation in recognition of our contribution to the wellbeing of seniors in our community. Below is a copy of the certificate.



Network Victoria held a special general meeting on 18 September to vote on changes to their constitution

following consultation and feedback from other U3As and their representatives. In the absence of a Network Representative, I attended and voted for the changes. Rikki Davies our Regional Representative has attended a sub-regional meeting and provided us with valuable information and feedback.

Tutors meeting and lunch was held on 9 July 2019. The lunch is to appreciate the tutors, who put in so much effort and time to benefit members. I thank those that attended and contributed to the meeting. We need to evaluate and reconsider the future of these meetings and how best to support our tutors, as many do not attend these meetings.

The Committee held a planning meeting on 2 July 2019. The meeting looked at what works, what needs to improve and what changes need to be made. The structure of committee and current positions were reviewed and some new positions were created. A draft survey for members has been organised and will be distributed early next year. I would like you all to fill in the survey and provide your opinion and comments, so that we can improve our services.

I filled in the Ageing Well Survey initiated by the Commissioner for Senior Victorians (CfSV). The survey will be used to inform the work of CfSV for Senior Victorians as we move toward the World Health Organisation decade of Healthy Ageing in 2020.

Our 25<sup>th</sup> Anniversary celebration lunch on 24 June 2019 was an event to remember. Over 100 people attended. We applied to the City of Greater Dandenong and were successful in obtaining a grant of \$1,000. The funds were spent on entertainment, celebration cake/s and a souvenir pen. I have since acquitted for the grant.

As we will soon be concluding our 2<sup>nd</sup> Semester, I wish you all a joyful & peaceful Christmas and New Year. Have a good break and hope to see you refreshed and raring to go in 2020.

**Vivienne Fernandes**

## Secretary's Update



### The new Committee:

President	Vivienne Fernandes
Vice-President	James Archibald
Secretary/Newsletter	David Purdon
Treasurer	Claudia Cespedes
Executive Officer	Heather Seymour
Health & Safety/ Regional Rep.	Rikki Davies
Membership	Jeanette Keane
Webmaster	David Nassau
Program Coordinator	Raelene Curtis
Publicity	Alan Stevenson
Life Member	Shirley Constantine
Committee	Audrey Goldberg
Committee	Yvonne Toomey
Grants & Sponsorship	Vacant
Social	Pending Approval
Social Media	Vacant

Following the AGM, the first task of the Committee was to allocate portfolios. As you can see from the list above, there are still some vacancies. Please read the article later in this edition – “U3A’s greatest challenge: How to get Baby Boomers to help us”. Hopefully, after reading this you will consider volunteering to fill a vacant role. There are two mentioned above but strictly speaking there are 5 as Regional Rep, Newsletter Editor and Network Representative are being handled on top of other portfolios.

It is recognised that some members may be willing to help but are concerned that they do not possess the right knowledge skills. The Executive team are each willing to mentor others so be assured that support is available.

**David Purdon**

## AGM Raffle

Thank you to those who so kindly contributed to our raffle and congratulations to the winners!

NOVEMBER 2019

Prize	Donated
Exercise Bike	<b>David Wilson</b>
Winner	Sandra Fernander
Venue Voucher	<b>Greyhounds, Sandown</b>
Winner	Craig Gliddon
Crochet Knee Rug	<b>Lorraine Bishop</b>
Winner	Philomena Mascarenhas
Hamper	<b>Parma-save, Noble Park</b>
Winner	Gerry McDowll
Venue Voucher	<b>Bunnings, Springvale</b>
Winner	Ron Gurney
Pen & Torch	<b>U3A, Dandenong</b>
Winner	Norma L.
Gift Card	<b>Coles, Noble Park</b>
Winner	Bill Radford
Gift Card	<b>Bunnings, Springvale</b>
Winner	Teresa Hind
Gift Card	<b>Bunnings, Springvale</b>
Winner	Mei Qiay Wang
Venue Voucher	<b>Sandown Park Hotel</b>
Winner	Glenda Moran
Hamper	<b>Christie's Café, Noble Park</b>
Winner	Marj Dowie
Shawl/Scarf	<b>Evelyn Beaucasin</b>
Winner	Heather Seymour
Water Flask	<b>Evelyn Beaucasin</b>
Winner	Danielle Wade

## From the office:

- ❖ Sincere thanks to all who have dropped into the office this year for a chat, to offer assistance or help in any other way. U3A is primarily a friendship group.
- ❖ The office closes on Friday 22<sup>nd</sup> Nov and will open the last week in January 2020.
- ❖ Classes will resume from Monday 3<sup>rd</sup> Feb 2020
- ❖ I wish everyone the happiest, safest and most relaxing holiday.



*Merry Christmas*

**Heather Seymour**

## New Members

Welcome to all the new members who have joined us in 2019. We are delighted that you have chosen to join Dandenong U3A.



Ms Claudia	Cespedes	Mr Sam	Mal
Mrs Rose	Asirvadem	Mrs Philomena	Mascarenhas
Mrs Connie	Retunno	Mr John	Mullin
Ms Naomi	Loh	Mr John	Taylor
Mr Brian	Sadler	Mr Serif	Tuglaci
Ms Tessie	Hourigan	Ms Maxine	Winter
Mrs Janet	Sephton	Ms Winnie	Kong
Mrs Bianca	Tomic	Ms Jaraslava	Rajchi
Mrs Shila	Rohde	Ms Marie	Wright
Mr Thinh	Nguyen	Mr Alan	Beale
Mrs Jeanette	Keane	Ms Wendy	McBean
Mrs Sulabha	Nimbkar	Ms Linda	Tcha
Ms Maria	Gortat	Mr Jimmy	Tcha
Ms Joan	Knight	Ms Lynne	Duggan
Mrs Lini	Pollicina	Ms Shanta	Flinders
Mrs Gillian	Sladen	Ms May	Hayes
Mrs Jessy	Cortinovis	Mr Bruce	Whiteman
Mrs Blair	May	Mr Roland	Gehring
Mrs Lena	Iazzolind	Mrs Doreen	Ciobanu
Mrs Alice	Rosse		

If you are interested in learning first aid, please advise Heather Seymour, our Executive Officer.  
(Office contact details are on page 2 of this newsletter).

## Attention Tutors:

Let me firstly introduce myself as a new member of the U3A committee and as the Program coordinator. My name is Raelene Curtis - contact details:

✉ [raelenecurtis@iprimus.com.au](mailto:raelenecurtis@iprimus.com.au)

☎ 0409 850 119

I have been a member for the past 4 years and attended 3 classes this year, Scrabble, Drawing and Philosophy. If you have a need to contact me regarding your class, I am here to support you. Many of you I have not yet met. I would like to catch up with you all, and suggest that maybe a one-off meeting to meet you all at the start of the New Year, suggested date being 29<sup>th</sup> January, 2020 but open to negotiations.

In the past there have been Tutors' meetings and I would like to gauge the usefulness of these meetings and need your feedback. As you get to know me you will see that I am not one for needless meetings.

Please contact me to introduce yourself and give me your ideas about what I have mentioned above.

**Raelene Curtis**

## First Aid Courses



It is highly desirable that each of groups has someone who has knowledge of first aid.

## Sport & Exercise

### New Hike Group

*For those who have a reasonable level of fitness and enjoy the bush.*

Please register your interest at the office with contact details, preferably an email, so that I can send you all the details.

Group leader/Tutor: Raelene Curtis.

- Next ½ years walks to begin/ consultation with the group after that.
- 3<sup>rd</sup> Tuesday each month. Possible start at 10am at the start of the walk, taking cut lunch.
- Suggestions open to negotiation.

18 <sup>th</sup> Feb	Police Paddocks -> Churchill Park (including historical area)
17 <sup>th</sup> Mar	Lysterfield Park, Boys town historic site.
21 <sup>st</sup> April	Birdsland Reserve – Belgrave Heights -> Granite Summit, Lysterfield
19 <sup>th</sup> May	Belgrave -> Kalista
16 <sup>th</sup> June	Sherbrooke Falls circuit walk -> Ferny Creek

**Raelene Curtis**

## Riding reverses dementia decline

After a major review of research, the World Health Organisation (WHO) has strongly recommended that adults with normal cognition undertake physical activity to reduce the risk of cognitive decline.

WHO says a physically active lifestyle is linked to brain health.

"In large observational studies with follow-up periods extending decades, physically active people seem less likely to develop cognitive decline, all-cause dementia, vascular dementia and Alzheimer disease when compared with inactive people," according to its recently released guidelines, Risk Reduction of Cognitive Decline and Dementia.

"Especially, the highest levels of physical exercise seem to be most protective."

"Physical activity seems to have beneficial effects on brain structures, which may underlie this association."

"Other potential mechanisms underlying the association are most likely indirect, such as the positive effects of physical exercise on other modifiable cardiovascular risk factors (CVRFs), including hypertension, insulin resistance and high cholesterol levels as well as other biological mechanisms, including but not limited to enhancing the immune system function, anti-inflammatory properties, and increasing neurotrophic factors."

The physical activity recommendation leads the list of recommended interventions, including tobacco cessation, a Mediterranean-like diet, hypertension reduction, and management of diabetes.

The WHO describes physical activity interventions as "aerobic, resistance training or multi-component physical activity."

Although the evidence is less strong, the WHO also recommends physical activity for adults with mild cognitive impairment to reduce the risk of cognitive decline.

It points out that physical activity is easily available for everybody and has a large range of beneficial effects, and that aerobic activity plays a key role in the beneficial effect of physical activity.

"The evidence shows that the effect size is larger for aerobic training versus resistance training."

See the WHO guidelines on ["Risk Reduction of Cognitive Decline and Dementia."](#)

*This article has been reproduced from a Bicycle Network newsletter.*

**If you are viewing this document online, click [HERE](#) to see the Dandy Bikers Video.**

## Friday Cycle Group

Firstly I would like to thank David for the effort he has put into the group obtaining our U3A cycle jackets, the idea of having jackets has been attempted a few times but without success, however now thanks to his efforts we have them and they are very nice.

Unfortunately I will be out of action with the Friday group till the end of November for following my mishap I have had a number of tests that have all been good but am still due to undergo a tread mill sort of activity on a cycle at Monash in Clayton to gauge if I can ride with the Friday group and tackle hill, which are not my cup of tea, or pull out from that group. I would like to thank Craig for his knowledge of the tracks for without his knowledge, especially coffee shops the tracks would become a bit of a bore. Thank you Craig.

**Richard Ryan**



## Easy Riders

It's great to see most of our group cycling each Wednesday now that winter is behind us. We have had to cancel a couple of rides due to forecast bad weather. It's not easy predicting at 7am on the day exactly what time rain is going fall.

A big thank you to David Purdon for designing, organising the printing and delivering of our new Dandenong U3A cycling jerseys. David then produced a video of the group wearing our new jerseys plus photos taken throughout the year with music and lyrics to the Pushbike song. We all considered it a smash hit!

Apart from our usual cycling routes we have cycled to DFO Moorabbin. The challenge in this ride is finding our way through the Kingston housing estate. It seems like a maze of homes if one is unfamiliar to this area. A nice morning tea stop at Cafe Cessna, near the Airport, being the reward! Well, some reward themselves even more with delicious cakes as well.

Train disruptions continue to be a concern when planning rides further from Dandenong. Hopefully we will be able to organise some special rides after Xmas.

Magpies continue to be a problem in Spring. Craig sported five rather deep scratches to his face after a ride by himself recently. Other cyclists have had blood drawn from cuts to their ears and back of the head. It's even worse when one has no warning of the impending strike. I find waving one's hand, or better still, a stick above one's head the best way to deflect them if you see them coming.

A big thank you to Craig and Gerry for leading rides while I was away. Craig continues to be our "scout" on the lookout for different destinations and coffee shops.

Happy Cycling Everyone!

**Marge Angelucci**

## Line Dancing for Beginners



### What is Line Dancing?

- It is a type of country / western dancing in which dancers line up in a row, without partners, and follow a choreographed pattern of steps to music. Of all physical activities, dancing involves the most mental effort.
- It is an unique form of exercise because it provides the heart-healthy benefit on aerobic exercise while allowing you to engage in a social activity.



- In the Beginners' Class we repeat one section of the dance until most have 'GOT IT' before moving on to the next section.

**Lorraine Bishop and Melissa Braganza**

## Gentle Exercise Monday

With reluctance and knowing that Gerry McKellar is a hard act to follow, I took over the class, not knowing whether expectations would be met. There were about 14 members returning from semester break, some of them or only few knew who was to be the new tutor. Luckily everyone is supportive, encouraging and thankful that the class continues.

Most members had been in the class with Gerry for a while and I was a bit anxious about the outcome. However, I have never looked back. Everyone is friendly and helpful and, for the same reasons as I do, believe the class is doing well.

Because it is meant to be gentle exercise for seniors, we've been using resistance bands and balls, alternating with tools like weights left behind by Gerry. Actually, the office provided us a small fund for bands and balls. We are extremely grateful and try to use them as much as we can. Lately I have introduced some mental challenges to help our memories, focus and listening.

Hopefully everyone is getting the benefits out of this class. We will try and end the last term with a bang.

Thanks to everyone!!!

**LOLITA BRIONES**

## Thursday Exercise

I cannot praise my Thursday exercise participants enough for their exuberance, effort and accomplishment. When I decided to take over this class I wasn't sure what to expect - certainly not what I got; a class of hardworking people who have a go at everything and who never stop until they have accomplished the required exercise. Even though students work to their own ability, there is not a single person who doesn't give their all.

When I gave up teaching high school because I didn't want to teach those who didn't want to learn, I never thought I'd come across a class that puts every bit of effort forward. Exercisers you are my ideal class.

We have room for maybe 6 more people and we will welcome you with open arms because we are young at heart, full of vitality and boy, are we ever strong.

Don't forget if you want what we have, join us. We live by the following mottos:-

**"LIFE BE IN IT"**

**"SWEAT IS JUST FAT CRYING"**

"If you still look **"CUTE"** at the end of the session you didn't work hard enough."

To all of my class, **A BIG HUG AND CONGRATULATIONS.** See you all next year.

**Rikki Davies**

## TAI-CHI

Being busy trying to meet the expectations of the exercise class as their new tutor, I tried not to neglect my other family i.e. the Tai-Chi class. Members come and go for different reasons, but that doesn't dampen our spirit and I would consider the group still big and they remain enthusiastic trying their best to get the benefit of Tai-Chi. Even the choice of music is improving to motivate us to do the movements well.

The Qigong for healing is quite the favourite. Otherwise the 3 forms of Tai-chi 8, 12, 24 are always included aAs well as warm up exercises and balancing.

I wish everyone to look forward coming back next year, the spirit remains calm and peaceful.

Happy ending of the year 2019 everyone!!!

**LOLITA BRIONES**

## Lifestyle

### Monday Music

On 30<sup>th</sup> September, we listened to some really other worldly music written by P. Schultze, the son of Stella one of our music participants. Music which would be most suitable for an outer space movie. It really evoked the spirit of our universe. A very versatile and interesting composer.

Coming up in October we will listen to composers starting with **N** and **O**. So it will be Carl Nielsen, Michael Nyman, Carl Orff and Offenbach. Of course there are many more but I have to stick to the CD's I already have.

We are always discovering new and amazing composers. Maurice recently played music by Scharwenka. Never heard of him, but the music was so fantastic I bought a CD of his music. Also during the week that ABC FM played music by female composers, I discovered Emily Meyer. What marvellous melodies.

Recently I watched the DVD of Bohemian Rhapsody, which I'm sure most of you have seen when it was on in the movie theatres. While I don't endorse the lifestyle the music was absolutely fabulous so when we have music in **Q**, Queen will be up there.

Never put down music of the 60's, 70's, 80's and 90's etc. because some of it is really really good, and remember we don't just listen to classical music we also encompass a broad range of other styles and genres.

So whereas we can't all like everything we can learn about and appreciate different styles of music. After all, as ABC/FM says "**LIFE IS BETTER WITH MUSIC**".

**Rikki Davies**



## Languages



### Italian

#### Intermediate/Advanced Italian language class 2019

Students continue to show their enthusiasm and don't seem to mind any challenge they encounter to tackle the language - in particular tackling grammar and pronunciation, whilst participating in social activities to broaden their knowledge of Italian culture.

In April we visited the National Gallery of Victoria. Amongst the numerous art pieces, we viewed the famous painting "The banquet of Cleopatra" by Italian artist Giovanbattista Tiepolo, completed in Venice in 1744. The painting is oil on canvas and measures 250.3 x 357.0 cm. making it possible to see all the detail and enjoy the scene. Since its completion, it had been housed in various European museums before it was purchased by the State Hermitage Museum in St. Petersburg, Russia in 1800, where it stayed on display until it was purchased by the National Gallery of Victoria in 1933. The unique masterpiece is a permanent display there and can be viewed on level 2; 17<sup>th</sup> to 18<sup>th</sup> Century European Painting Gallery, NGV International, St. Kilda Road – Melbourne.

During our visit to the Gallery, we also viewed some Impressionism and Modern Art paintings, as well as a display of beautifully designed "tailleurs" (ladies suits) by some renowned Italian and French

couturiers, and a delightful collection of Indian paintings titled “Vision of Paradise: Indian Court Paintings” by artists of the Rajput Royal Courts.

The paintings depicted various aspects of Court’s life, ranging from Religious ceremonies; Hindu legends; hunting adventures; royal events; and palace’s sumptuous lifestyles of the maharajas and the maharanis of Rajasthan. It was magic to view such lovely pieces of art.

At the Gallery, one of our students took some interesting photos, which are included in this newsletter.

On 7th June students had the opportunity to expand their knowledge of Italian culture by participating to a Regional Italian evening at the ‘Freccia Azzurra Club’ in Braeside, with a dinner-dance and a floor-show by a famous folkloristic group from Melbourne. The group dazzled the audience with their colourfull traditional costumes, music, songs and dances.

In September we visited “Just Italy” a local Italian restaurant and enjoyed a lovely Italian lunch. The restaurant’s owners migrated to Australia only two years ago and speak good Italian. We had the pleasure not only to enjoy original Italian food, but also to converse in Italian. The restaurant is located in Princes Highway, Clayton.

We are also planning a trip to “Brunetti Café’ in Lygon Street, Carlton in mid-October, to enjoy some of the best Italian sweets in Melbourne. Students are encouraged to place their orders in Italian, and to chat in Italian while there. In November we will be at “La Baracca Club” for Melbourne cup.

**Rita Romano & Sandra Foenander**

## Spanish

What a year it has been!

Last year we were fortunate enough to be able to travel to Spain and Portugal and this year we have been busy preparing for our next adventure to South America.

Our classes have been filled with the study of cultures, traditions and history of the countries we will visit.

This year we covered grammar, reading, comprehension and vocabulary. My students have always participated with utmost enthusiasm and commitment.

Newcomer, Sam Mal, who joined us Second Semester has been able to integrate into our class with ease.

Thank you all, including our Monitor Verissimo, Evelyn and Heather for your hard work, dedication in another successful year.

I wish you all a safe and happy holiday.

**Gloria Skalicka**

## Hobbies

### Computers

On February 3<sup>rd</sup>, 2020 we will start our exciting new courses at the POD Centre

The always essential ***Beginners Computer course*** starting Feb 4th will cover topics which will help you get to grips with the basics of using a PC running a Microsoft Operating System. You may bring your own laptops or use one of the U3A laptops which are running Windows 10. This course runs for 6 weeks and is intended for those who have very little or no experience with computers.

The ***Intermediate Computer course*** starting Feb 3rd will be Microsoft Word. This will include topics such as creating, saving, formatting, editing and printing documents. It can include inserting photos into text, setting margins, headers and footers, spell check, inserting tables and text boxes and page borders. And there is so much more that we may have time to cover.

Each Intermediate session lasts for 2 hours and is covered over 8 weeks. You will be given course notes either in paper form or electronically. You

will carry out exercises and, for your own benefit, it would help to practice those exercises at home.

Sadly there will be no **PowerPoint course** this Semester as the tutor will be away touring until Mid-May 2020, but hopefully this will be re-scheduled for July, 2020.

**iPhone and iPad Workshop.** Starting Feb 6th. Bring in your Apple iPhones and iPads and enjoy chatting about the different ways of doing tasks using your own IOS device.

Sign up for Computer Courses by telling the U3A office which ones you would like to take.

Phone 9546 2997 or email [u3adandy@froggy.com.au](mailto:u3adandy@froggy.com.au)

**Clive Gould**

## Gardening Group



This semester has been an interesting time for gardeners, coping with near drought conditions at the start of the semester, going to near freezing conditions and now at the time of writing I just hear on the radio it is the hottest October day for four years. Yes, we are a hardy bunch indeed.

We have welcomed two new members to our group, Jeanette and Wendy, and are almost at capacity; however we will certainly not knock back anyone who would like to join us, whether for a day or the semester. Gardening knowledge is not as important as enthusiasm, as we are all learning all the time. The only rules that

apply are “No Whingeing” and respecting other members by not talking over them during group discussion.



During the semester we were very fortunate to have a presentation from the head arborist from the City of Greater Dandenong, Mr Bobby Furber. Bobby spoke on trees in general, the council tree policy, and also about how they have used many of the old Gums felled for the Skyrail project (how we love it), to make garden furniture for the Skyrail precinct and other Council parks and Gardens.

We have visited four members’ home gardens and thank Lucy, Bob and Lorraine, Diana and Erika and Miguel for their hospitality, and congratulate them on their gardens.

We hope to visit some of the finest nurseries on the Mornington Peninsula about the time this newsletter goes to press. We had intended to do this last semester but postponed it due to the inclement weather as mentioned above.

Our plant sale at the AGM was a wonderful success, thanks to all our members who worked so hard all year on propagating cuttings etc., manning the stall and meeting other members of U3A on the day. All proceeds from the day will be put to offsetting any day trips for our group as well as any other expenses we incur from time to time. Look forward to bigger and better plants and bargains next year.

### Lawn & Garden Care

A conversation between God and St Francis on lawn and garden care.

God: Francis, you know all about gardens and nature. What in the world is





going on down there? What happened to the dandelions, violets, thistle and stuff I started eons ago? I had a perfect no maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long lasting blossoms attracts bees, butterflies and flocks of birds. I expected to see a vast garden of colours by now, but all I see are theses green rectangles.

St. Francis: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers "weeds" and went to great lengths to kill them and replace them with grass.

God: Grass ? But it is so boring. It's not colourful, doesn't attract butterflies , birds and bees, only grubs and sod worms. It's temperamental with temperature. Do these suburbanites really want all this grass growing there?



St Francis: Apparently so Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant crops in the lawn.

God: The spring rains and warm weather probably makes the grass grow really fast. That must make them happy.

St Francis: Apparently not Lord. As soon as it grows they cut it, sometimes twice a week.

God: They cut it ! Do they bale it like hay.



St Francis: Not exactly, Lord. Most of them rake it up and put it in bags.

God: They bag it! Is it a cash crop? Do they sell it?

St Francis: No Lord. Just the opposite. They pay to throw it away.

God: Now let me get this straight. They fertilize the grass so it will grow, then they cut it and pay to throw it away.

St Francis: Yes Sir.

God: These Suburbanites must be relieved in the summer when we cut back on rain and turn up the heat. That

surely slows down the growth and saves them a lot of work and money.

St Francis: You aren't going to believe this Lord. When the grass stops growing so fast they drag out hoses and pay more money to water it so they can continue to mow it and pay to get rid of it.

God: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, even if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in summer. In the autumn they fall to the ground to form a natural blanket to keep moisture in the soil and protect the trees and bushes. Plus as they rot, they form compost to enhance the soil. It's a natural circle.

St Francis: You better sit down Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles ad pay to have them hauled away.

God: No. What do they do to protect the shrub and tree roots in the winter and to keep the soil moist and loose?



St Francis: After throwing away the leaves, the go out and buy

something they call mulch. They haul it home and spread it around in place of leaves.

God: And where does this mulch come from?

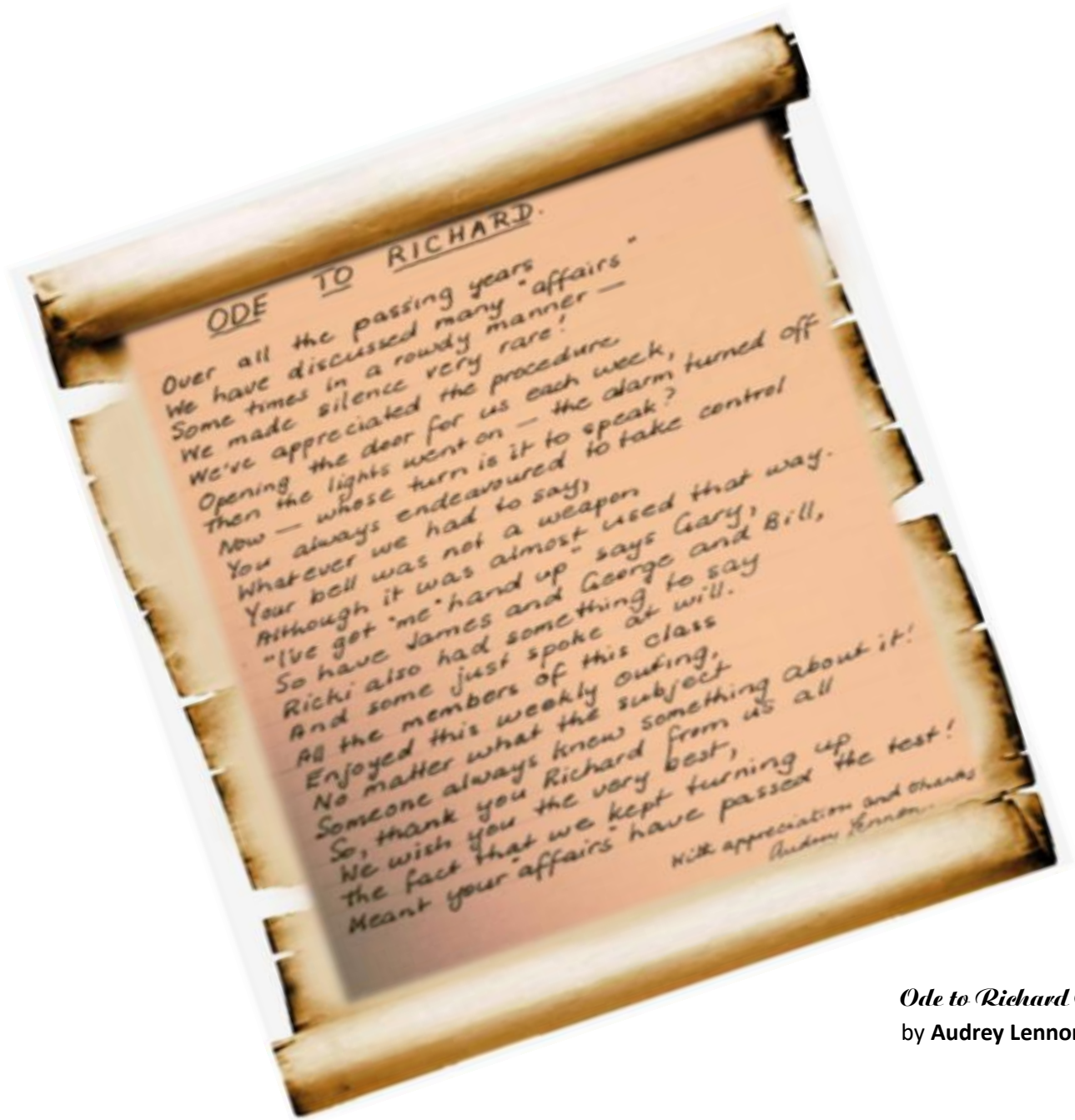
St Francis: They cut down trees and grind them up to make the mulch.

God: Enough! I don't want to think about this anymore. St. Catherine, you're in charge of entertainment. What movie have they planned for tonight?

St Catherine: "Dumb and Dumber" It's a really stupid movie about .....

God: Never mind, I think I have just heard the whole story from St Francis.

**Dick Raymond**



*Ode to Richard Ryan*  
by Audrey Lennon

## Ancient History

The class for this year has been divided between myself and David Nassau. David opened his study on the Greek and Persian wars and I have stuck to the Roman era.

Next year I will start a subject on the American Civil War and David has expressed interest in the Napoleon area. I have also been asked if I would look into the history of

Latin America before the conquest by the Spanish, the civilizations of the Aztec and Mya and Inca civilizations for a future study.

**Richard Ryan**

## Knitting & Crochet



Both crafts use yarn to make items, but knitting is done with two knitting needles and the stitches are looped. Crochet, on the other hand, is done with just one crochet hook and the stitches resemble small knots.

Crochet is a process of creating fabric by interlocking loops of yarn, thread or strands of other materials using a crochet hook. The name is derived from the French term 'crochet', meaning 'small hook'. Crochet is centuries old and often imitates lace.

**Loraine Bishop / Margaret Sheffield**

## U3A Network

*The following is extracted from an article written by Graeme Eggins, U3A NSW and makes for very interesting reading. It reflects U3A Dandy. Hopefully, after you read it you will volunteer!*

### U3A's greatest challenge: How to get Baby Boomers to help us

*"We're having real trouble getting anyone at all to volunteer for the committee and it is the same with tutors."*

How many times have you heard a U3A President, Secretary or class coordinator say this or something very similar? The problem of finding new active volunteers to replace U3A leaders, administrators and teachers is worldwide – and not just among U3As. All sorts of non-profit community groups, ranging from charity shops to service clubs, face the same problem. Recruitment was a hot topic for discussion at this year's Network

conference. My 2009 article titled "How to get new committee people." Most of the tips in that article are still relevant despite the changes we have seen in the past seven years, especially as we have aged more as a nation. The people who established U3As in Australia over the past 20 years are moving into their fourth age of increasing physical and mental frailty. They are the Traditionalists, the post Depression generation born in the 1930s and early '40s. Today, Traditionalists like me need to hand the U3A baton on to the next generation, the Baby Boomers, those who were born between 1945 and 1964.

### Will Boomers step forward?

But will the Baby Boomers grab the baton of responsibility with eagerness, hold it uncertainly or simply refuse to take it? Indications are that Boomers are not all that keen to take on any volunteer role that does not involve a pay cheque. I heard one say: "Look I've paid my money. I've worked hard all my life. I don't expect to do it now. I've retired." A spokesperson for Volunteers Australia recently said volunteer numbers in Australia had declined by 5% overall in the past 20 years. She said NSW has an estimated two million volunteers, many working in charities, but most of them are either quite young or quite old. These days all kinds of community nonprofits are bemoaning the lack of new blood. Go into your nearest charity shop – the volunteer serving you is more likely to be over 80 than over 60. Baby Boomers, sometimes called "coffin dodgers," are making new demands on community resources, including independent care facilities. They want the best. In my area – the far North Coast of NSW – the majority of long-established residential aged care providers are now spending millions of dollars building or renovating new larger and better equipped units to meet the Boomers demands. The Boomers and Generation Xers are the people who have to provide the next

generation of U3A tutors, leaders and administrators. Many have already joined U3A. They appreciate the chance to meet people in a community that may be new to them (many move out of cities on retirement), to socialise and to learn new skills. But do they want to take on U3A responsibilities? In two words – Not really. So what can you do as a recruiter? Here are some strategies:

### Tips on “selling” U3A

Try selling the benefits of volunteering.

Points you could include:

- Volunteering makes you happier because you feel really good about yourself
- It can be fun to work in a team free of work pressures
- You have the opportunity to make new friends with like-minded people (This appeal is particularly effective for newcomers to your district)
- You can demonstrate your skills and knowledge gained over a lifetime of experience
- You gain increased status and public approval as a person valued by the community.
- You may learn not only new skills but new ways of coping with ageing, especially when you meet people facing health challenges greater than yours.
- This is your chance to make a positive difference in many other people’s lives and leave a legacy to following generations of U3Aers.

Also, consider offering volunteers some sort of benefit. For example reduced membership fees (yes, I know that goes against the U3A credo but this is real life) and distinctive membership badges.

### Identify potential volunteers

Consider a “Welcome new members” column in your newsletter or on your Website. This column could include a thumbnail photo if available, a brief biography, the name they like to be called and a summary of their main hobbies and interests. (You may need to redesign your membership form to gather some of this information but of course you must get members’ approval to use it). Alternatively, find out what skills your members have by asking them to complete a short form – then you’ll know who best to target.

### Remember current members

Don’t overlook current members who may have refused in the past. Sometimes the “no” means, “not now.”

Sometimes “no” means that the prospect feels that he/she would rather do something else. In that case you can ask if the person can think of another position they would prefer.

Of course, some volunteers are happy to be helpers but never leaders. As a U3A recruiter, you have to accept their self-assessment and welcome their assistance. Many older people are frightened of public speaking, scared of talking to large groups but perfectly happy chatting to people of their own age group. Here’s where mentors can be very useful. A mentor is not just for young people; older people appreciate and value them for providing support, encouragement and advice in a new role. Perhaps as a prospective tutor they could do just a single presentation to a small group. What about starting a study circle on one particular topic – say, Life in Mediaeval Times. Each member of the group gets to present to the rest on one aspect that they are interested in. For example, the fashion of the day, the music, the role of the church, what people of the time ate, the social structure and so on.

### Ask them to serve

You’ve identified a likely prospect. What next? Get a friend to ask them or do it yourself. A recent National Survey of Volunteering in the UK looked at the variety of ways in which people get involved in volunteering. Some 47 per cent said “Someone asked me to help”. Those who were not volunteering but who expressed an interest in doing so, wanted “a personal invitation to help” and “a chance to volunteer with a friend or colleague”. As one activist said, “I don’t recruit people. I just think who might be able to help, tell them what we need, and ask them to do it. They hardly ever turn me down.”



That may not be your experience but direct asking is still worth trying. A variation on using friends is to have the recruiter say, “Let’s you and I work together.” By sharing one job, two people can often put more energy and creativity into the task. This tends to work best if you have, for example, a President and a President-elect.

One person is the final decision maker in case of disagreements and the other is preparing to step into that role next year.

### Let them choose a role

Invite potential volunteers to attend committee meetings as an observer so that they can see what goes on. As far as possible, let the person choose their role rather than being pushed into it. Let potential tutors call themselves what they like, even though your U3A may have a preferred term. Volunteers can be a class tutor, a convener, a co-ordinator, a facilitator or whatever other term they prefer. If seeking new tutors for popular, long running courses, the obvious candidates include regulars who have been attending those classes for a long time. Regulars can be asked to start a beginners’ group to take some of the pressure off the existing tutor. But be careful. A few long-established tutors don’t want rivals in their teaching area and certainly not understudies. They suffer from the Messiah complex and, to be frank, can’t be cured. In such cases, be grateful for their contribution.

### Support your volunteers

As a first step, a personal “thank you” or letter from the President or class co-ordinator is always a good way to introduce a volunteer to their new role in U3A. Unfortunately, some U3As provide minimum support when new people take over a job, especially if it is administrative. One class co-ordinator told me recently: “When I took over organising, I was given a piece of paper with a couple of contacts and phone numbers, told who to be wary of and that’s about all. “Then the previous co-ordinator took off for a long overseas trip.” Experience shows that when you have a new volunteer, ask an experienced volunteer to work with them to show them the ropes if at all possible. The newcomer will get

up to speed faster and, if your mentor does their job well, will feel more like a part of the team from the start.

Some tutors create a paper file with information on their most common activities. Additionally, many U3As have developed guidelines, policies and procedures to help volunteers understand their roles.

### Be flexible

Of course, U3A job descriptions are not set in concrete. Volunteers must be allowed some flexibility in how they handle their responsibilities. But the executive leaders should expect committee members to actually do work – *not just sit in on meetings and contribute nothing relevant. They like the title but not the work.*

Beware of what the Americans call the BIC (Butt in chair) trap. In other words you are so desperate you’ll take anyone. Most times the chair is better empty than filled with the wrong person who does nothing useful or who is high maintenance.

### Be appreciative

Warmly welcome volunteers, publicly and privately. Say “We are so glad you’re here – we really need you.” Publish a portrait photo and brief biography in your newsletter not only of newcomers but also of established tutors. Perhaps the Editor could include a few brief words of appreciation from their students. Organise volunteer-only lunches or award ceremonies where tutors can discuss mutual problems (e.g. how to stop one person from dominating a class) and be briefed on policy changes. Another potential hurdle for some otherwise eager volunteer is the length of the commitment, usually 12 months. Can you organize for someone to do the job for a shorter period?

### The final solution

What if all fails? Your current administrators and tutors are leaving and no one is volunteering to

replace them. The obvious solution: Pay people to do the job.

(Pause while everyone screams in horror) Yes, U3A is a non-profit self-help group founded on the principle of pure voluntary labour with no anticipation of financial reward. But many Baby Boomers expect to be paid their input. They've paid for help (babysitters, car mechanics, gardeners etc) all their working life and expect similar treatment. Commented one veteran U3A executive: "They say: 'I've paid my subscription fee – now entertain me.' "They don't seem to understand that U3A is not in business to teach and amuse people and make a profit." And if your committee feels that paying for service is against U3A principles, consider this possible alternative – volunteers paid for by the government.

### Summary

As former PM Malcolm Fraser once famously said: "Life was not meant to be easy." It isn't easy getting people to volunteer in U3A – ask any President if you don't believe me – but it can be done. Hopefully this article will help you build an even brighter future in your U3A. The tips and hints mentioned are based on more than 20 years of experience with U3A leaders in Australia. I would like to particularly thank former Network President Pat McLaren-Smith for her invaluable input.

**Graeme Eggins**

## Members Voice



## A BIG THANK YOU

**Thank you** to all my friends who visited me at the hospital, came to see me at home and the numerous phone calls I received enquiring about my health when I had an operation earlier this year. I am so blessed to have such amazing and caring friends at U3A, friends that I shall treasure for life. **THANK YOU.**

**Evelyn Beaucasin**

## A Special Thank-you...

I would just like to thank everyone who has helped so much during my time as Social Secretary.

Thanks for all the helpers at Art & Craft shows, the tutors did a great job as everything looked great.

Thanks to Heather for all her help. It would have been hard work without her.

Good luck to the next Social Secretary.

**Barbara Walker**

## GROWING TOMATOES

**U3A Gardening Group is always busy:** busy in the garden, busy looking at other gardener's prettier plots, and busy thinking about what garden matter to share at our weekly meetings. Now It's mid Spring – Hooray – tomato planting (and eating) time.

I'm one of those garden types who plant their tomato plants too early. Two years ago I had tomatoes growing in pots in the lounge room in September. Yes I did get a little fruit when it was warm enough to put the pots out on the patio, but the plants succumbed to disease very rapidly and the dozen cherry tomatoes were definitely not worth the loving effort. Now I try to wait a little longer. My problem is: I hate the thick skins and tasteless centres of supermarket tomatoes and I

adore the thin skinned, bursting with scent and flavour, home grown ones. So I can't wait!

Everybody knows there are big tomatoes and cherry tomatoes, but more important is that there are Determinate and Indeterminate tomatoes. It was Determinate tomatoes that I grew (or tried to) in my lounge that September. Determinate tomatoes are usually marketed as Patio tomatoes. They are smaller plants – I have one growing in a blue Coles' bag this year. They will grow and produce without staking or pruning. Do remember to feed and water them though. The biggest difference is they grow their crop and ripen it all of a sudden. One week you don't have tomatoes, the next week you do, and three weeks later it's all over red rover as your (hopefully) bumper crop ends. These are the first tomatoes I plant just to get some delicious tomatoes in my mouth as quickly as I can.

Indeterminate tomatoes are what I call real tomatoes. The plants are bigger, they flower and fruit continuously over a long period. They need more "gardening," plant them deep in the soil (take off some lower stems and leaves) pinch out bits to help them bush up, mulch, prune or not prune depending on your point of view – feed regularly, water only at ground level, yes I know about rain, but we can't help that can we, and the high nitrogen in rain water is tomato magic from the skies. Above all stake and tie them, and tie them again, as they continue to grow.

Judging by the number of tomato plants I see leaving Bunnings, everyone grows or tries to grow tomatoes; so I'm going to share my luck. Last Spring I grew a special tomato variety. I was able to pick its fruit for just on 7 months and yep I grew it in Melbourne. I'd bought a punnet of Baby Roma tomatoes from Bunnings. Roma are usually Determinate tomatoes, but these weren't. I planted four. One I pulled out because it wasn't doing anything. Two produced tasty oval shaped small tomatoes for a normal season, and one produced and produced almost forever or so it seemed. As it became cooler my miracle tomato plant slowed down, the basil planted to help it went to seed and the tomatoes took

longer to ripen. By early May I would wait for a tinge of colour then pick them to ripen on the window sill. They were still yummy. So far this year I have planted three of these. None look marvellous, but I live in hope, maybe you will be lucky if you try them. Soon this year's tomato babies will shoot up. Perhaps they will take after their mother and give me lots of juicy tomatoes for a very long time. I am hanging out. If all else fails I know someone from the U3A group will bring some home grown tomatoes for us all to share.

Diana Thurbon

## Editors Words



- Please continue to submit contributions to the NEWS via the email address: [newsdandyu3a@gmail.com](mailto:newsdandyu3a@gmail.com)
- It is NOT necessary to send a copy to the U3A address.
- If you have an email address but have not received an email copy of the newsletter, please email the office at [u3adandy@froggy.com](mailto:u3adandy@froggy.com) and tell them your current email address.
- If you need a printed copy then collect one from the office or ask if anyone in your class can collect them from the Paddy O'Donoghue Centre.

## For those who are interested in being a tutor but are too shy

If you have special knowledge but think that you don't know how to go about teaching to someone else, here is a simple guide.

Simply draw yourself a circle and put your main topic in the middle i.e.



From the Central Circle, draw branches for different topics you can concentrate on



Already you have the heading for topics you can concentrate on for 6 semesters or longer.

To impart further detail, take each subtitle and divide them further.



- ➔ 1. The wars – how he came to power
- ➔ 2. What happened just prior to his becoming king?
- ➔ 3. Who are the Princes
- ➔ 4. How did the Princes threaten his reign
- ➔ 5. What happened to the Princes

Now you have taken broken this topic down into individual lessons which you can concentrate on.

Here we come to lesson plans. Like any story your bread you must have a beginning, middle and end (or conclusion).

### Beginning

1. What are you wanting you students by the end of the lesson?
2. What are the important men things you want to talk about?

Middle (using the Richard III example)

1. What happened?
2. Who was involved?
3. What did the people think about this?
4. What steps lead towards the goal?
5. How were instructions communicated?
6. How did people live at this time?
7. What weapons were used?

End or conclusion

1. Short summary of what you have gone through
2. State the final outcome
3. Short statement on result to final outcome
4. Number 3 will then give you an introduction to your next lesson

The above has been a very brief summary of how you can prepare to impart your own knowledge to an interested group of people. Once you have planned your first lesson, you will find it easier to plan the next. Just pick the next topic from the circular branching topic map.

Remember the people you are teaching are already interested in the topic you are teaching so a large problem has already been overcome. The students are there because they want to be there; not as in school where they must be there.

If you present the facts in an organised manner, you are bound to keep people interested. It only takes a little bit of preparation.

**Rikki Davies**

### NOTICE

ON MONDAY, 28<sup>TH</sup> OCTOBER  
ROY PATON PASSED AWAY. HE  
WAS A VERY LONG SERVING  
MEMBER OF OUR U3A  
DANDENONG.  
**REST IN PEACE**



## Calendar of Events

<b>1<sup>st</sup> Semester</b>		
Monday, 3rd February 2020 - Friday, 19th June 2020		
Tues	28th January	Office reopens
Mon	3rd February	Commencement of 1st Semester
Tues	11th Feb	Committee Meeting
Tues	10th March	Tutors Meeting (bring own lunch) / Venue: To be advised, 12:00 – 1:30pm
Tues	10th March	Committee Meeting
Wed	11th March	U3A Picnic, Venue: To be advised
Tues	14th April	Committee Meeting
Tues	12th May	Committee Meeting
Tues	9th June	Committee Meeting
Thurs	4th June	Newsletter - Submissions deadline
Tues	9th June	Tutors Meeting with Committee (sandwich lunch provided) / Venue: To be advised, 12:00 – 1:30pm
Fri	19th June	End of 1st Semester

<b>Mid-year Break</b>	Saturday, 27th June 2020 - Sunday, 26th July 2020
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<b>2<sup>nd</sup> Semester</b>		
Monday, 27th July 2020 - Friday, 27th November 2020		
Mon	27th July	Commencement of 2nd Semester
Tues	11th August	Committee Meeting
Tues	8th September	Tutors Meeting (bring own lunch) / Venue: To be advised, 12:00 – 1:30pm
Tues	8th September	Committee Meeting
Mon	Oct. (Seniors Week)	AGM & 1 day Art & Craft Show - Date, time & location to be advised.
Tues	13th October	Committee Meeting
Wed	14th October	U3A Picnic, 12 noon start, Venue: To be advised
Mon	2nd November	Newsletter - Submissions deadline

Tues	10th November	Committee Meeting
Fri	27th November	End of Second Semester

<b>Christmas Break</b>		
Mon	27th November	U3A Xmas Lunch – venue to be advised
Tues	8th December	Committee Meeting



Gabrielle Williams MP  
1/8-10 Halpin Way, Dandenong VIC 3175  
☎ 03 9793 2000  
✉ [gabrielle.williams@parliament.vic.gov.au](mailto:gabrielle.williams@parliament.vic.gov.au)

Gabrielle Williams is the Member of Parliament for the Dandenong electorate in the Victorian Parliament.

U3A Dandenong thanks Gabrielle Williams for the valuable assistance provided in the preparation of printed copies of this newsletter.



## Photo Page(s)



**Gardeners**



Online Viewers - Click [HERE](#) for Dandy Bikers Video;  
then press the play icon ►

**Dandy  
Bikers**



A Slide Show of Photos from the 25<sup>th</sup> Anniversary Lunch is available online [HERE](#);  
then press the play icon ►



## Italian Class



By taking part in U3A Activities you grant the organisers full rights to use the images resulting from the photography/video filming, and any reproductions or adaptations of the images for fundraising, publicity or other purposes to help achieve the group's aims. This might include (but is not limited to), the right to use them in their printed and online publicity, social media, press releases and funding applications. If you do not wish to be photographed please inform the activities organiser.



## 1st Semester Timetable

### TIMETABLE - 1st Semester 2020

Monday 3rd February - Friday 19th June 2020

Day	Time	Subject	Tutor	Venue
Monday	9:00 - 9:45	Exercise Class	Lolita Briones	LCC
	9:30 - 11:30	Genealogy	Margaret Watts	POD
	10:00 - 12:00	Line Dancing - Intermediate	Ann Thomson-Buhler	UCH
	10:00 - 12:00	Embroidery & Craft	Alice Rogers	LCC
	12:00 - 1:30	History of Ancient Battles	Richard Ryan	LCC
	12:00 - 1:45	Italian Language/Beginners	Ivan Gnoco	POD
	12:00 - 1:45	Italian Intermediate/Advanced	Rita Romano	POD
	1:15 - 3:15	Computers - Win 10 Workshop	Clive Gould/Yvonne Toomey	POD
	2:00 - 4:00	Music Appreciation	Ulrike Davies	POD
	2:00 - 4:00	History of Melbourne	Shirley Constantine	LCC
Tuesday	9:30 - 11:45	Current Affairs	Richard Ryan	DMH
	10:00 - 11:45	Spanish Language	Gloria Skalicka	LCC
	10:00 - 2:00	Hiking Group/3rd Tues each month/BYO Lunch	Raelene Curtis	Various
	9:30 - 11:45	Current Affairs	Richard Ryan	DMH
	1:15 - 3:15	Computers - Beginners	Yvonne Toomey	POD
	12:00 - 2:00	Mahjong	Jan Ferguson	LCC
	2:00 - 4:00	Photography	Cjeng Toh	POD
	2:00 - 3:30	Scrabble	David Pateman	LCC
	2:00 - 3:30	Rummy Club	Elizabeth Hessels	LCC
Wednesday	8:30 - 11:30	Easy Rider Cycling	Marge Angelucci	Various
	9:30 - 11:30	Walking	David Pateman	ROSS
	10:00 - 12:00	Drawing/Water Colours	Ron Gurney / Beryl Potter	LCC
	10:00 - 12:00	Line Dancing - Beginners	Lorraine Bishop / Melissa Braganza	UCH
	12:00 - 2:00	Behavioural Science	Thelma Paul	LCC
	2:00 - 4:00	Effective Communication Course	Judith Talanoa	LCC
Thursday	9:00 - 9:45	Exercise Class	Rikki Davies	LCC
	9:30 - 11:30	Gardening	Dick Raymond	KSC
	9:30 - 11:30	Philosophy	David Pateman	POD
	10:00 - 12:00	Read & Think French	Toney Haydon	LEX
	11:00 - 12:00	Tai Chi	Lolita Briones	UCH
	12:30 - 2:30	Knitting & Crochet	Lorraine Bishop / Margaret Sheffield	POD
	1:00 - 3:00	Ukelele	Ann Thomson-Buhler	LCC
	1:15 - 3:15	Computers - iPad/iPhone Workshop	Yvonne Toomey	POD
Friday	8:30 - 11:30	Cycling	Richard Ryan	Various
	9:30 - 12:30	Karaoke	Ann Thomson-Buhler / Muriel Carr	LCC
	10:00 - 12:00	Singing Group	June Crowley	POD
	10:00 - 12:00	French Language Beginners	Tony Haydon	LEX
	12:30 - 1:30	French - Song & Culture	Lap Lam (Lily)	LEX
	2:00 - 4:00	Parchment Craft	Hind Bruni	LCC

Class Full!

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\*

\*

To be advised

Book Club

A book club which may meet once a month. Negotiations are being held with Springvale Library.

#### Key to Venues

DMH	Dandenong Memorial Hall
DNS	Dandenong North Senior Citizens Club
EHL	Endeavour Hills Leisure Centre
KSC	Keysborough Senior Citizens
LCC	Latham Crescent Centre,
LEX	Lexington Gardens
POD	Paddy O'Donoghue Centre
ROSS	Ross Reserve
TIR	Tirhatuan Reserve
UCH	Uniting Church Hall

10 Langhorne Street, Dandenong
Latham Crescent, Dandenong
R McMahon Boulevard, Endeavour Hills
352 Cheltenham Road, Keysborough
Latham Crescent, Dandenong North
114 Westall Road, Springvale
18 Buckley Street, Noble Park
Memorial Drive, Noble Park
Kriegel Way, Dandenong North
Birch Avenue, Dandenong

A3 sized  
copies of this  
timetable can  
be obtained  
from the  
office.

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