

U3A DANDENONG Inc.

Paddy O'Donoghue Centre, 18 Buckley St., Noble Park. 3174

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ABN 86 401 693 866

FIRST QUARTER – 2018



2017 winner of the Kevin McIntyre Award: Yvonne Toomey

The Kevin McIntyre Award was first started in 2010. This is an award started by the U3A Past President Shirley Constantine, and is presented each year, by the current President, to any hard working and dedicated U3A member.

This award was instigated as a Tribute to Kevin for all his loyal, hard work and 10 Years' service as Vice President.

Also, at last year's AGM, Certificates of Appreciation were presented to Ann Thomson-Bulher and Ronna Jhang.

PRESIDENT'S REPORT

Christmas has come and gone, I hope you all had a wonderful celebration, as well as a deserved rest, with lots of recreation.

We are already into March so everyone should be well and truly back into the swing of things by stretching our minds and bodies by participating in our U3A classes.

Just before the break ended, our Secretary, Heather Seymour, and I participated in a Tutor's training course facilitated by the Mornington Peninsula U3A. The course was very well presented; a terrific 'train the trainers' class, but I must confess that our 'Effective Communication' class held here in Dandenong U3A, is just as good, if not better (I'm only slightly biased) covering a broader range of topics.

I also attended a Dandenong Council meeting concerning how to write a grant application. It was also most informative and I've passed on relevant information to our Treasurer, Henri Nicholas, who will apply for our Council Grants for the coming year.

For our new members, and I will welcome you all, at our 'Meet and Greet' gathering at our room in Latham Crescent, Dandenong North, on Thursday 12th April, from 10:30-12:00. All new members are invited to meet some of our tutors and to enjoy a cup of tea/coffee. Please come to meet us and let us get to know each other.

Now for some less pleasing news. As you know we try very hard to keep our fees as low as possible, but because of price rises in class accommodation, we must also raise our fees.

The new fees for the financial year (July '18 – June '19) will be as follows:-

- Members - \$50
- Tutors and associate members - \$25

I'm letting you know early so you can save your pennies. Remember you can participate in as many classes as you like for this fee.

I also want to let you all know, that for personal reasons, I have resigned my position as President of Dandenong U3A. We are looking for a bright, forthright individual to take over this role. It is a big role and I'm sure we have lots of organised and competent individuals out there who would really thrive doing this job. Just remember, we will not survive without our volunteers. So have a go.

I thank all for the help and support. I have received during the last few months.

Rikki Davies

(Retiring President)



Report from U3A Office

Hello from the U3A Office, it's been quite a busy time since we had our two month break. We have had a lot of new members join us, but sadly a few have left us. Gwen Matthews and Keith Sherwood were long time members and will be missed. John de Blauw has been hospitalised with a heart problem but is up and about again. His painting class on a Friday has been cancelled until July and then we will see if he is able to do it then.

The Positive Ageing class has begun on Friday mornings at Latham Crescent.

Audrey Goldberg has organised a Robotics class at the Dandenong Library, if anyone is interested in this contact the office.

Also I have a lot of name tags in the office, so if you do not have one please come into the office to see if it is there. We do not post them out, but if anyone from the class is coming into the Paddy O'Donoghue Centre they can pick them up.

Margaret Azzopardi

(Office Manager)

Editor Note

For the first time a number of our members will receive this full colour edition of the newsletter by email. This will involve approximately 70 U3A members. We are most keen to obtain feedback from these members regarding this form of distribution. A quick email to the office would be all that you need to do. Eventually it is hoped that most members will be happy to have the newsletter emailed. Members will always have the option of receiving a hard copy, if they don't wish it to be emailed.

This time, we will still carry out a full print run, so those who received an emailed copy but who prefer a print copy can pick one up at the office.

Don't forget to use our website <http://www.dandenongu3a.org/> and our Facebook page <https://www.facebook.com/u3adandenonginc/> to keep up with the latest.

Alan Stevenson



Monday Music

What You Don't Know About Monday Music...

Monday Music class is the safest place to be, in U3A. Why? Because when the thugs approach they hear the names of Tchaikovsky, Mendelssohn, Beethoven and so forth, and they hear their works. They run away quick smart.

In the front line we have Esther and Duree crushing any attempted mutiny with their wheel chairs, helped by agent 84, Stella, armed with her walking stick which can break necks miles away (next year she'll be agent 85..... if you know what I mean) Also when they find out that our leader, Rikki, is the U3A President they know they will be dealing with a woman who means business. All the action is scrutinised by Norma, being thin, tall and agile, while Yvonne takes care of logistics, making sure we're not short of ammunition (tea, coffee, milk, sugar and biscuits) And look at Maria, she's keen about collecting dirty cups, washing them scrupulously clean, saving U3A hefty fines by the council. All this is happening under the strict surveillance of my camera without offending anyone's susceptibilities, and making sure that everybody (almost) is present at the end of each semester to be in the picture.

So come on other members of U3A, wouldn't that tempt you to join our group, where you can enjoy security and of course fine music and great company???????

Maurice Mikhail





Embracing Positive Ageing (EPA)

EPA, which is a new U3A course, was launched in February 2018 at Latham Crescent and takes place on Friday from 9.30am to 11.30am.

This course comprises 4 main sections: -

Staying Connected

It opens with our EPA theme song, which is sung with enjoyment. Social interaction then ensues. A positive quote for the day is presented, e.g. "Ageing is not lost youth, but a new stage of opportunity and strength." *Betty Frieda*. The quote usually evokes thoughtful discussion among the members.

Intellectual Stimulation

This section is achieved by using a variety of mentally challenging activities. Group members may choose to work either in pairs or individually.

Physical Activity

To date, this section has been done in teams, which have already competed in 'Hooky' and 'Finska'. Not only were the games physically energising, but they also produced lots of cheering and encouragement for each other.

Enjoying Humour

So far, humour has been derived from cartoons i.e. identifying the message that the Cartoonist seems to be conveying. As well as that, humorous experiences have been recounted by individuals, which have resulted in great amusement among the group. Also, we've showcased our Zodiac signs in comical ways, which was very entertaining.

In Summary

After only 4 weeks, the members of the EPA have already built up a harmonious rapport within the group and have been very receptive to the ideas and activities that have been presented.

Nellie Roberts



Spanish Language

I hope everybody had an enjoyable break and are ready to begin a new Semester. This year we have been very busy and at capacity with the addition of six new members, as well as last year's members that have advanced to Level 2.

Everyone has been working very hard and has shown great enthusiasm and dedication to learning this beautiful language.

This Semester we will continue with an interesting program which includes grammar, orthography, conversation, writing, music and dancing.

We are very excited about our upcoming trip to Spain and Portugal, looking forward to further expanding our knowledge and understanding of the Spanish language and culture.

Our group is very multicultural, consisting of fourteen different nationalities. Their contributions have made my classes a pleasure to teach and I am extremely proud of their progress.

Gloria Skalicka

Hello Readers, my name is Danielle Herbureau de Lachaise, I am a student at Dandenong U3A learning Spanish. I have just started my second year; I am pumped as there is so much joy and excitement in my class.

Our teacher Gloria Skalicka is a real marvel, she is patient, fun and very dedicated to teaching. This year our class is even larger, twenty of us graduated to intermediate and six more students have joined us. I applaud Gloria for taking two classes in one. She continues to teach her second year students with ease and focuses on the new student as well, how she does that is mind blowing. The new students are terrific and have already started to communicate with the second year students in Spanish.

Gloria makes the class fun; she has now introduced a new way of relaxing our minds so we can focus better, by playing a CD or two of Spanish dancing music. It is wonderful to see all of us up and dancing and our minds are ready to take on more. Brilliant idea!

At the end of September this year some students in the intermediate class will be going to Spain and Portugal. It is a trip that Gloria organised for her students to visit the countries where people speak the language we are studying. We are learning how to communicate with the retailers, with the waiters in ordering food, how to ask for directions and so on. It is exhilarating and we are all looking forward to it.

I recently was on a cruise to New Zealand; I met two Peruvians waiters in the dining room. I was so proud when I went to them and started conversing in Spanish. I asked them to speak

Continued/

slowly and it was marvellous to hear myself speak, communicate and laugh with them. I can only say a huge thank-you to my teacher Gloria for giving me this happiness. I also write on behalf of all the other students in the Spanish class who are as happy and as grateful to our teacher Gloria.



Italian Intermediate/Advanced Italian

Happy 90th Birthday to John De Blauw.

On the first week of February 2018, tutor and students of the intermediate/advanced Italian class celebrated John De Blauw's 90th birthday. It wasn't a celebration like any other, considering at the time John was a patient at a local rehabilitation hospital. But we were determined to go through any length of effort to make such a milestone a special day for John. So after the lesson we collected the cake, and went to see John. Armed with a special candle; little plates and forks, and lots of care for John we celebrated. John was delighted! Our new student Alicia Pascua took it to an extra level by making and donating a beautiful birthday card for John. Thanks Alicia, and many thanks to all my students for participating, and for making the day so special.

Rita Romano





DANDENONG INC

CALENDER OF EVENTS 2018

Monday	5 th February	Commencement of 1 st Semester
Tuesday	13 th March	Tutors Meeting
Wednesday	14 th March	U3A Picnic, Latham Crescent Centre
Monday	12 th April	Meet & Greet New-comers, Latham Crescent Centre 10.30am – 12.00pm
Friday	22 nd June	End of 1 st Semester
Monday	25 th June	U3A Mid-year lunch, Sandown Park Hotel
Tuesday	10 th July	Tutors Lunch, Sandown Park Hotel Meeting 11.00am then lunch
Monday	23 rd July	Commencement of 2 nd Semester
Tuesday	11 th September	Tutors Meeting
Monday	24 th September	AGM & 1 day Art & Craft Show - Main Hall, Paddy O'Donohue Centre
Wednesday	17 TH October	U3A Picnic, Latham Crescent
Friday	23 rd November	End of Second Semester
Monday	26 th November	U3A Xmas Lunch – venue to be advised

Management Committee meetings held on 2nd Tuesday of the month at 10.00am

13 th February	13 th March	10 th April	8 th May	12 th June
14 th August	11 th September	9 th October	13 th November	11 th December

Newsletter contributions deadline:

Thursday 14th June Thursday 8th November



Dandenong Inc. TIMETABLE FOR 2018 (1st Semester)

P.O. Box 209, Noble Park, 3174 Ph: (03) 9546-2997 E-mail: u3adandy@froggy.com.au

Office Location: Paddy O'Donoghue Centre, 18 Buckley Street, NoblePark, 3174.

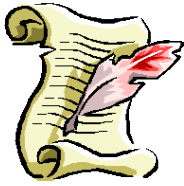
DAY	TIME	SUBJECT	TUTOR	VENUE
Monday	9.00am - 9.45am	Exercise Class	Gerry McKellar	LCC
Monday	9.30am - 12.30pm	Cooking	Phyllis Harrison	POD Kitchen
Monday	9.30am - 11.30am	Genealogy	Margaret Watts	POD
Monday	10.00am - 12 noon	Line Dancing	Ann Thomson-Buhler	UCH
Monday	10.00am - 12 noon	Embroidery & Craft (class full)	Joan Wilson	LCC
Monday	10.00am - 12 noon	COMPUTERS – Powerpoint	Alan Stevenson	POD
Monday	12 noon - 1.30pm	Medieval History	Anne Maslin	LCC
Monday	12 noon - 1.45pm	Italian Language Beginners	Ivan Gnocato	POD
Monday	12 noon - 1.45pm	Italian Intermediate/Advanced	Rita Romano	POD
Monday	1.15pm - 3.15pm	COMPUTERS – Win10/Intermediate	Clive Gould/Ronna Jhang	POD
Monday	2.00pm - 4.00pm	Monday Music	Ulrike Davies	POD
Monday	2.00pm - 4.00pm	American Presidents	Shirley Constantine	LCC
Tuesday	10.00am - 11.45am	Spanish Language (class full)	Gloria Skalicka	LCC
Tuesday	9.30am - 11.45am	Current Affairs	Richard Ryan	DMH
Tuesday	12.30pm - 2.30pm	COMPUTERS - Beginners	Yvonne Toomey/Ronna Jhang	POD
Tuesday	12.00pm - 2.00pm	Mahjong	Audrey Goldberg	LCC
Tuesday	2.00pm - 4.00pm	Exploring Photography (Advanced)	Bill Cooney	POD
Tuesday	2.00pm - 4.00pm	Scrabble	David Pateman	LCC
Tuesday	2.30pm - 4.30pm	Ancient Civilisations	Richard Ryan (Robin Bliss 2018)	DNS
Wednesday	8.00am - 9.30am	Meditation	John Krakowiak	LCC
Wednesday	8.30am - 11.30am	Easy Rider Cycling Group	Marge Angelucci	Tirhatuan Park
Wednesday	9.30am - 11.30am	Walking Group	David Pateman	Ross Reserve
Wednesday	10.00am - 12 noon	Drawing/Water Colours	Ron Gurney/Beryl Potter	LCC
Wednesday	10.00am - 12 noon	Line Dancing - Beginners only	Lorraine Bishop	UCH
Wednesday	12 noon - 2.00pm	Behavioural Science	Thelma Paul	LCC
Wednesday	2.00pm - 4.00pm	Effective Communication Course	Judith Talanoa	LCC
Thursday	9.00am - 9.45am	Exercise Class	Gerry McKellar	LCC
Thursday	9.30am - 11.30am	Gardening	Dick Raymond	KSC
Thursday	9.30am - 11.30am	Philosophy	David Pateman	POD
Thursday	11.00am - 12noon	Tai Chi (class full)	Lolita Briones	UCH
Thursday	12.15pm - 2.15pm	Oil Painting (class full)	Pat Stone	EHL
Thursday	12.30pm - 2.30pm	Knitting & Crochet	Lorraine Bishop/Margaret Sheffield	POD
Thursday	10.00am – 12 noon	COMPUTERS - iPad/iPhone Workshop	Ronna Jhang/Yvonne	POD
Thursday	2.00pm - 4.00pm	Social Studies	Audrey Lennon	DMH Main Hall
Friday	8.30am - 11.30am	Cycling Group	Richard Ryan	Tirhatuan Park
Friday	9.30am - 11.30am	Positive Ageing	Nellie Roberts	LCC
Friday	10.00am - 12 noon	Singing Group	June Crowley	POD
Friday	12.30pm - 3.30pm	Oil Painting (Cancelled- restart July?)	John de Blauw	POD
Friday	1.00pm - 3.30pm	Karaoke	Ann Thomson-Buhler	POD
Friday	2.00pm - 4.00pm	Parchment Craft	Angie Barnes	LCC

1st. Semester: Mon 5th. February – Fri 22nd. June 2018

Key to Venues :

UCH - Uniting Church Hall, Birch Ave., Dandenong
 POD - Paddy O'Donoghue Centre, 18 Buckley St., NoblePark
 DNS - Dandenong North Senior Citizens' Club, Latham Cresc.
 LCC - Latham Cresc. Centre, Latham Cresc., Dandenong North
 DMH - Dandenong Memorial Hall, 10 Langhorne St., Dandenong
 EHL - Endeavour Hills Leisure Centre, R. McMahon Blvd, Endeavour Hills
 KSC - Keysborough Senior Citizens, 352 Cheltenham Rd., Keysborough
 Tirhatuan Park - (Enter Kriegel Way) off Outlook Drive, Dandenong North

[Melway p90 - B1]
 [Melway p89 - E2]
 [Melway p90 - C1/C2]
 [Melway p90 - C1/C2]
 [Melway p91A - E7/F7]
 [Melway p91 - D5/E5]
 [Melway p89 - D9]
 [Melway p81 - F8]



Code of Conduct for U3A Dandenong Members

- ✓ Members are required to treat others, and especially City of Greater Dandenong staff members with the utmost courtesy. Abusive language and behaviour will not be tolerated. Offenders will be asked to leave the organisation without delay. Membership of U3A Dandenong, and the use of council facilities is a privilege and this privilege must not be abused by uncouth and aggressive behaviour.
- ✓ Kitchen facilities are shared with other centre users, and must be left in an immaculate condition after use. Cups are to be washed and stored in cupboards and benchtops mopped.
- ✓ Toilet facilities are expected to be used in a respectful and hygienic manner.
- ✓ Instructions and requests by council staff are to be obeyed without argument.
- ✓ Discussions are to be held in a respectful manner.
- ✓ It is inevitable that when using shared facilities there will sometimes be problems with noise. You are asked to be tolerant of other venue users at all times, all have equal rights to enjoy the council facilities.



Computer Courses & Workshops - Semester 1, 2018

Come and try out the U3A Windows 10 laptops this semester by joining one of the Computer Courses or bring your own laptop to use in class. If you bring your own then please bring the power cable and, whether you use our laptop or your laptop a USB memory stick, notebook and pencil could well be useful.

❖ **Beginners Class**

A six week course designed to teach the basics.

Learn to open an application, create a file, save a file, use a mouse, manage windows, files and folders, and how to use a word processor.

New students must attend week 1. Please bring your own laptop, with power cable, mouse and a small USB stick.

- Next class starts 27th March, and will run Tuesday, 12.30 – 1.45 pm.

Tutor: Yvonne Toomey

❖ **Apple Iphone/Ipad Workshop**

Welcome back, everyone!

This Apple iPhone/iPad workshop is a walk-in class because everyone has a different problem using their gadget.

However, we sometimes discuss and share information in a social friendly atmosphere. But please remember to bring a pen and a notebook; it helps to write notes down so that you remember the answer to your question! Also, you can ask **Siri** or **Mr. Google** and it always has the answer to your problem!

- Workshop runs on Thursdays, 10.00am – 12noon.

Tutors: Tutors: Ronna Jhang

❖ **Windows 10 / Microsoft Word / Microsoft Excel / Internet and Email Workshop**

Attendees can expect a fresh topic each week and the opportunity to ask questions about their own Windows PC / laptop. This is your opportunity to bring up anything that you want to ask about Microsoft products. Unanswerable questions will be researched and, if answers found, dealt with the following week.

- Next class starts 7th May, and will run on Mondays, 1.15pm – 3.15pm.

Tutor: Clive Gould

❖ **Microsoft PowerPoint**

Learn to create multimedia presentations using Microsoft PowerPoint. It allows you to create and show slides to support a presentation. You can combine text, graphics and photos to create presentations of, for instance, your travels or even life stories. This course will allow you to work at your pace through learning activities and exercises. This is 4 week course.

- Next course starts 30th April, and will run on Mondays, 10am – 12noon.

Tutor: Alan Stevenson



Adding 3D effects to a video

The Windows Photos app has been around for a while but in 2017 new features were added to it in the Windows 10 Version 1709 update. A video created on your Smart Phone, camera or downloaded from another source can be edited using the Photos app. It can be trimmed in length, filters and music added, and 3D effects can also be added.

To add 3D effects in the photos app, click on **CREATE** then **Custom Video with music**. Next, select the video to be edited. Alternatively, if you are already viewing a video using this app, you can click at the top of the screen and select **Edit & create** then **Create a video with text**. You will be asked to name your new video. Next, drag the video onto the storyboard. More than one video can be put onto the storyboard. Now click on the **3D effects button** in the middle of the screen. This brings up a larger view of the scene as well as a panel at the right hand side showing the effects which can be added. Allow the video to run until you get to the place to insert the 3D effect then pause it and scroll down the effects panel and select the 3D effect. This effect can be attached to a point on the screen or left as a whole screen effect and adjusted to size. The sound effects volume associated with this 3D effect can be adjusted. The length of time the 3D effects are on the screen can also be adjusted by clicking and dragging one or other or both of the handles at either end of the 3D effect slider.

To add music, click at the top of the screen on the music button then in the drop down panel select the **recommended** music appropriate to the video. By clicking on each of the little triangles the sound can be listened to before you select it. When you are happy with your choice select it, then click on **Done**. Alternatively, if you have your own music, select **Your Music** instead of Recommended.

When all of your editing is complete click on **Done** at the top of the screen then on **Export & Share**. Select which size (quality) of video you need then it will process it. This may take a while. A new screen opens showing you where it has been saved and offering you to view it in the **Photos app**, see it in **File Explorer** or sharing it on **social media or email**. Be aware that videos can comprise a lot of data so may take a long time to email and may fail to be successfully sent if using email.

N.B. When you open your Photos app and click on Create or edit a video, if you do not see the 3D effects option when you go to edit a video, it is probably because you have not yet downloaded the 1709 update.

Clive Gould



Extra-curricular Activities

Basic Robotics - Science on the move

Our keen band of **coders** start their first 3 – 4 week course at the **Dandenong Library** on April 4th, a Wednesday, toiling away in the computer room from 6 – 8 pm (better parking!) They will program a **Lego Mindstorm Robot** and come away with a nice surprise to announce to the grandchildren, “Guess where I’ve been?” We await tales of their successes. Good Luck!

For Birdwatchers

We’re too late for this year’s passage of the waders through **the Edithvale Wetlands**. Try to catch them at the **Werribee Sewerage Farm** on line.

This is one of the world’s top five **Ramsar sites** where birds assemble before the big jump off on their **flyway to China and Russia** to spend the northern summer. We’ll try to catch them when they return in our Spring. Meanwhile the Edithvale Hide is open from 1 – 5pm on Saturdays and Sundays. Here you can practice your recognition of our resident birds. Simpson and Day is a good field guide to have with you, along with your binoculars. Be sure to take the youngsters with you.

Audrey Goldberg



Mah-jong

Mah-jong No Longer A Mystery!

It’s hard to believe many of us have now conquered this intriguing game. We’ve come a long way and can build our tiled walls in superslick time.

The group has had some losses from our band this year, but a lucky windfall of **three new players** has kept us viable. We’re thrilled to welcome Gladys, Jan and Helen who’ve fitted in, oh so smoothly.

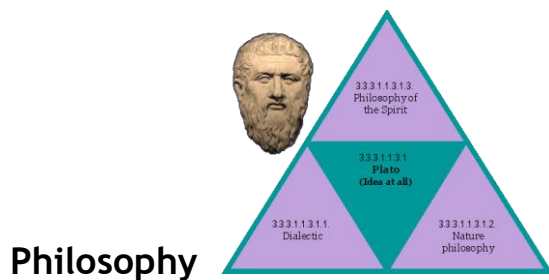
But there is still room for more as it is ideal to play with complete groups of four.

This semester we intend to extend our learning curve by adding more variety to the basic game with “**special hands**”. The “how to” is clearly set out in the recent publication “Improve your Mah-jong”. Some have purchased this book through Frankston U3A, where Mah-jong is big time – 20 + in each of 3 classes. Thanks go to Annette’s enterprise – she has done the negotiations and delivery for us.

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Seasoned players and novices are invited to take part in this **brain power exercise**; the extra efforts will sharpen your wits just that little bit more. Our teachers will ensure you'll **become an expert**, pronto. Join us if you want to keep sharp – Tues 12 – 2 pm at Latham Crescent Centre, opposite Menzies Avenue shopping strip.

Audrey Goldberg.



Philosophy

Everyone knows the Greek greats, **Socrates, Aristotle and Plato**. Why is it that, after thousands of years these giants are still referred to as a source of wisdom when we toss around philosophy's umbrella question; **"How shall we live"?**

David Pateman is our leader as we seek to find answers. He prepares all the notes and ensures everyone has a chance to put forward their views. We're **passionate**, though **orderly!!**

On the way, you'll be honing your reasoning, comprehension and communication skills.

Join us on **Thursdays at 9.30 am at POD**. It's a good chance to work at where you stand in today's complex world and to take note of what our leading and learned philosophers have found in their research and experiments. Can you name any of the **well-known philosophers** of the last 100 years?

Audrey Goldberg

Report on March U3A BBQ

Sorry for the lack of information on BBQ we will do better next time. It was lovely weather about 30 attended, ate all hamburgers and most of the sausages, thanks to David for great coleslaw and all the helpers. We hope to see more in October.

Mid-Year Lunch

Hope to get a good crowd for mid-year lunch, it will be \$17.50 per head, but we will be served, so no lining up. We will have a raffle \$2 a ticket good prizes.

Meet and Greet

We will be having a meet and greet at Latham Crescent. This will be on 12th April at 10.30am, and we hope to see all the newcomers there to have a talk and morning tea.

Barbara Walker



Current Affairs

The year started well, our first speaker was a chap from the ABC, who was a 'friend of the ABC', and he told all about the organisation and its aims. Our next speaker is on the 6th March from the Salvation Army and they will tell what the domestic duties of the group are. I have arranged speakers up till June and there is the possibilities of having a representative of the police department speak in August. On the whole the attendance is good, all old faces but the enthusiasm is still there. However, keeping the group focused on the issues is the challenge. **I just need a bigger bell!**

Richard Ryan



Friday's Bike Rides

The numbers have grown with the arrival of a number of women who have been introduced to the group by Margot, who joined us some time back. We have increased our distances and on the 2nd March rode to Frankston and back - I had 60 kilometres on the clock by the time I hit home base.

The leadership for each ride is just one of the group and what he or she chooses is the destination for the ride. The starting point has varied between the 'Blue Bridge' on the Dandenong Park and Tirhatuan Park. For the time being the starting time is 8am. This will change with the arrival of 'daylight savings'. All our rides have a coffee pit stop. However it must be noted that the Friday ride can be long and therefore anybody who would like to join us must be able to accommodate at least a 40 kilometre ride.

Richard Ryan

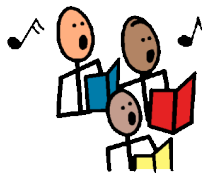


Tai Chi

Our members welcome 2018 with such enthusiasm, even though the first day was humid as one of those hot Summer days. It did not stop them from doing an hour of a sweaty, calming session of Tai-Chi. The number of members has increased, but people come and go due to personal, family and travelling commitments

Our members appreciate the physical, mental and medicinal benefits of Tai-Chi, for which I am grateful. In the class we spend 15 minutes of warm-up exercises, which is a requirement of any physical activity, followed by Tai-Chi sessions of different forms. Ending the session with cooling down exercises like lotus movements. This year we are looking forward to advance our movements and to learn more about helping people with diabetes and arthritis by embracing Tai-Chi.

Lolita Briones



Friday Singing Group

Our singing group and musicians are doing quite well. In view of having so much time off last year with the hall repairs etc, we have had a lot of catching up to do.

It was good to hear the advertising on 3AW radio and will be looking forward to performing at the RSL Bentleigh in early May.

I congratulate both musicians and singing group for their great effort and hard work to make this possible, local or otherwise.

My sincere thanks to all the team.

June Crowley



- At other U3As - check out their websites.....

- Chair Based Exercise
- Middle Eastern Belly Dancing
- Poetry Across The Centuries



U3A Network at Your Service

There has been a lot of activity over the last few months, setting in place the programs and events that take place in 2018, run by our parent body.

- 21st March – AGM
- 15th May – President's Briefing
- 30th May – Politicians Information Sessions

Our main grants funding is from the State Government so this last on-going activity is getting attention this year.

In the pipeline are:

- ❖ Sponsors of 'Young at Heart Seniors' Film Festival, 17th - 23rd April
- ❖ Distance Education – Philosophy, Climate Change, Religions of the World
- ❖ Strengthening the Regions Network throughout the State
- ❖ Start-up of new U3As in the regions and development of a new website that all U3As can access.

Stats that matter:

- 36,000 members in Victoria
- Overseeing half a million dollars throughout the year

More details after the AGM, held on the 21st March.

Audrey Goldberg
Network Delegate