

DANDENONG
UNIVERSITY OF THE THIRD AGE

U3A Dandenong Inc. ABN 86 401 693 866

June 2019

Coming Events

Current Affairs Class

Invitation to all Members

Bicycle Network speakers

"The benefits of cycling for seniors"

Memorial Hall, 10 Langhorne Street,
Dandenong. Tuesday, June 18th, 9:30am

U3A Mid-year lunch

25th Anniversary

Monday 24th June, Sandown Park Hotel
11am for 12 noon.

U3A Tutors

Tutors Lunch

Sandown Park Hotel,
11.30am for 12, Tuesday 9th July

U3A DANDENONG

ANNUAL GENERAL MEETING

Monday, September 23rd 2019
(See pages 11 & 12 for details)



Jan preparing for U3A Dandenong's
25th Anniversary celebrations

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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

NEWS Contributions –

newsdandyu3a@gmail.com

Facebook - 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
Heather Seymour	Secretary	03 9546 2997
David Purdon	News Editor	0425 732 333

President's Report

I welcome all our members to the winter edition of the Newsletter. We have certainly felt the icy-cold blasts of winter and many of you have indicated that you are feeling the chill, but activities, classes and friendships are providing a welcome relief against the weather.

I have had to look through my calendar to recollect what has been happening since our last edition. Some of the recent events are:

On 1 May 2019 I participated in the Seniors Festival Planning Group for 2019 organised by the City of Greater Dandenong in Springvale. As you are aware, activities for the Festival are planned to take place the entire month of October. This year's theme is "Get into it." Council Staff and volunteers put in enormous effort to ensure everything runs smoothly. U3A intends to hold two activities, open to the community during Seniors Week.

To celebrate National Volunteer Week, the Greater Dandenong Volunteer Resource Service organised a breakfast on 23 May 2019 at the Dandenong Club. In recognition of U3A volunteers making a difference, three members were invited. Lorraine Bishop (Beginner's Line Dancing & Knitting tutor), Gloria Skalicka (Spanish Tutor) and I attended. We shared a table with volunteers from Neighbourhood Watch and The Bridge. The Mayor Roz Blades opened the event and welcomed us with a lavish breakfast. We appreciated the occasion and being acknowledged as providing a valuable service to our community as volunteers.



We have been working on our constitution since October 2018. A sub-committee was formed to review this document. The changes were then presented to several committee meetings for discussion. Following approval, hard copies of the

draft were printed and distributed to members through classes. Feedback was sought over one month. The financial year remains unchanged i.e. July to June. This work has now been finalised and the document conforms to section 46 of the Associations Incorporation Reform Act 2012.

I welcome David Purdon to our Committee. David is in charge of our Newsletter. He has been working with Heather Seymour to streamline our database and newsletter processes. David and I have paid our renewal fees electronically. You too can follow this process. You will need our BSB and account number.

I acknowledge the dedication and contribution that Gerry McKellar has made as tutor taking her Exercise Class, running this activity twice a week for 45 minutes over 10 years. I attended Gerry's last Thursday class on 2 May 2019 to be part of the group, who organised morning tea. I was thrilled to present Gerry with a Certificate of Appreciation. She has left us a legacy of her great personality, memories, some gym equipment, notes and instructions that have been useful to the new volunteer leaders. No doubt, Gerry will be a hard act to follow.

Vivienne Fernandes

Secretary's Update



May and June are very busy times in the office. In addition to the usual activity around membership renewals, a lot more has been happening:

- Preparation for our 25th Anniversary Celebrations
- Establishing a new payments process so that members can now pay their renewals online
- Changing administration processes including:
 - Updating our membership database so that we can hold and use more information

- Establishing a 'single source of truth' for member data which makes it easier to administer
- Creating a simplified process to print member tags so that they are now ready as soon as members pay their renewals and provide the updated Membership Renewal form.
- Engaging with our internet services provider to improve internet speed supporting the admin changes that we are making.
- All the other bits and bobs where help is needed!

I'll sit back quietly during the mid-year break and reflect on all the wonderful members who have passed through our office. Whether it was to pay fees, or familiar faces before class, or just for a chat, you have been most welcome. I appreciate all the volunteers who have offered their time and patience to answer phones and complete mundane tasks. But a very big thank-you to Evelyn, who is recovering from illness. Your outstanding dedication and assistance to Vivienne and Yvonne was appreciated during my holiday.

Heather Seymour

Sport & Exercise



Easy Rider Cycling Group



Our numbers are starting to fall as people set off on overseas adventures or head to warmer climates. But the remainder don't let the winter months spoil their cycling outings. Two of us recalled our childhood in the country recently and picked mushrooms. There's so many warnings now about eating wild mushrooms but we were confident and began with just a taste and have survived eating more without any side effects. We don't recommend this to the unskilled eye though.

No new bike paths have been discovered lately or coffee shops for that matter. We have cycled from Dandenong to Seaford where there is a cafe on the beachfront. We were tipped off by another cyclist about this gem. It is a beautifully presented Cafe with great views of Port Philip Bay and mouth watering cakes. Not so easy on the hip pocket though! Our "go to" coffee stop, when wanting an easy ride, is at the head office of Carman's Cereals in Huntingdale. It is just off the new path along the Dandenong rail line. One can actually taste all their breakfast cereals free of charge! And their coffee is great and the cheapest around.

We had an amusing moment while having morning tea at the Cranbourne Botanic Gardens. There were not enough bike racks to secure all bikes so one member took the next best option, that being a tree. An outdoor staff member, suitably attired in green, wanted to know who secured their bike to the tree. Our cyclist was

given a dressing-down for not respecting the tree!
We could fully understand if it was a heritage listed tree but it was very much an everyday garden variety (excuse the pun) So, for quite a while we apologised to every tree that we touched!

Happy Cycling Everyone!

Marge Angelucci



Friday Cycle Group

Under the leadership of Craig Gliddon this group had increased in size and at full strength now number 15. Craig with his knowledge of the tracks and the coffee shops has given the rides a lot of interest and a variety of distances. I would also like to thank Elizabeth Kwok who has taken a number of photos of the group at various destinations.

Richard Ryan



Line Dancing for Beginners



Previously I attended the Embracing Positive Aging class here at U3A with Nellie Roberts. We learnt of four ways to enhance our lives and we actually do this each Wednesday morning at Line Dancing for Beginners.

- Physical exercise
 - We certainly move our feet in different directions – even if we mistakenly turn the wrong way. I get puffed and occasionally sit down.
- Mental Stimulation
 - Remembering the choreography and learning a new dance each month.
- Communication
 - Happens during our half hour morning tea break. Our acquaintances become friends as we chat and share our answer to the given question which is meant to stimulate and accept different ideas.
- Humour
 - This was unexpectedly provided one week by Charlie when I (because I am strict) stipulated how to move to the back of the room. He turned, saluted me, and marched emphatically to the back of the room, before turning again and saluting. It brought the house down.
 - So come along and HAVE A GO for one semester before deciding if this is for you. ANYTHING is hard when you first learn a new skill. We were all beginners at one time and we will help you to 'find your feet.'

Lorraine Bishop and Melissa Braganza

Intermediate Line Dancing

What does the Monday line dancing class mean to me?

I can't walk, so I can't dance but I watch the people enjoying themselves, keeping themselves fit. Most of all I appreciate Ann, the teacher. It wouldn't be the same without her. All her students are so loyal to her and she deserves a medal for her constant effort and hard work she puts in every week, not to mention the carrying of heavy equipment and the associated costs to her that people don't think about. Ann is always there, so reliable, always on time. Ann started the first line dancing class at U3A Dandenong many years ago so a lot of people have been made happy and fit from her efforts. How many years? How many people have been taught by Ann!

How lucky are we at U 3 A to have her. Many thanks to Trish for helping our class. It is a great class and good company also great dancing lately. I love listening to the music. What does Ann's line dancing class mean to me?

EVERYTHING!

Margaret Wayth

Exercise Class

The groups have continued to flourish with more new members, though some have dropped by the wayside. Hopefully this is not because they are too exhausted!

We have added a modified HIIT (High Intensity Interval Training) to the repertoire and it is a joy to see how much effort everyone puts in.

I think the Group Exercise and slightly slower paced Interval Training remain the two favourite activities, but I never hear a complaint from this lovely group. As with all groups we have far more women than

men, but fellows you would find this enough of a challenge I think.

Despite enjoying the sessions, I will not be continuing after the end of this semester as I have moved and need to take up activities closer to home. When I have been away in the past a number of members have acted as leader.

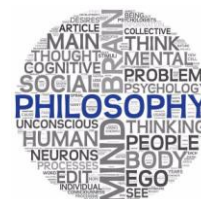
I do hope that someone will step up and take over from me, as regular exercise is vital for us all.

There are a number of items available to make this easier and more interesting, these include: leg weights, arm weights, resistance bands and wobble cushions, as well as some poles for makeshift barbells and pieces of foam for balance activities. In addition, I have produced quite a library of exercises on printed sheets, some of which are laminated.

I am on holiday from the beginning of May until the end of June, so please put your hand up SOON. Hopefully by the time the newsletter is printed there will already be volunteers.

Gerry McKellar

Lifestyle



Philosophy

You don't have to enrol in Philosophy 101 at Monash Uni to hone your Philosophy skills. The chance to do this is offered right here at your very own U3A, led by David Pateman.

P.O'Donohue Centre (POD)

9:30am on Thursdays.

GOOD MORNING

A group of people, mostly older adults, are seated at round tables covered with white tablecloths in a large hall. They are smiling and looking towards the camera. The room has large windows and a high ceiling.

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Spanish, such as “The impossible Dream”(El Sueño Imposible de Don Quijote de la Mancha).

To complement our classes, we were fortunate to have Maria Villarroel organise for us to attend the concert “ Caruso to Carreras” at the Daytime Musical Theatre, located at Bunjil Place, Narre Warren. This was a fantastic social gathering where everybody enjoyed the wonderful musical journey through the fascinating stories of the greatest tenors the world has known.

Roy Best , Australia’s finest tenor, accompanied by Alison Jones, performed classic hits from Enrico Caruso, Mario Lanza, Luciano Pavarotti, Andrea Bocelli, Placido Domingo and Jose Carreras.

We toured the wonderful facilities of this beautiful location, such as the Library,

Gallery, Meeting Rooms and Function Center, where we had a delicious lunch.

At the Gallery, we admired the works of Melbourne based artist Dr. Vera Möller, “A thousand Tides”. We were captivated by her paintings and sculptures of imaginary underwater scenery inspired by the coast of Western Port Bay.

A very special thank you to Maria Villarroel for introducing us to Bunjil Place.

Overall, it has been a very busy semester for the students and I’m very honored to be able to share with them my teaching experiences. We are all looking forward to our next cultural adventure.

Thanks to my fantastic group who are always willing to be open to new learning experiences. Thank you to Verissimo Fernandes , for your valuable assistance in class as a monitor.

I would also like to thank Evelyn, Vivienne Fernandes and Heather for your assistance with photocopying.

I will continue with enthusiasm and dedication to make sure we are all having fun and enjoying learning.

Gloria Skalicka

Hobbies

Gardening Group



This semester has been an interesting time for gardeners, with near drought conditions, and at time of writing (late May), near freezing conditions, affecting everyone. As we all discovered while watering to save our precious plants it is not possible to avoid watering weeds as well, meaning much valuable time is taken up in weeding.

Mulching has been very important, not only to prevent weeds but to maintain moisture in the soil. Unfortunately the birds also realise this and have a great time spreading mulch over the lawn and paths, needing to be raked or blown back. (What a wonderful invention the garden blower has been). Hopefully this is not sounding like a whinge, which we are all aware is not allowed among the garden group.

Unfortunately we have been forced to postpone our trip to Mornington’s finest nurseries due to the weather in May, hopefully to be replaced before the end of the semester.

After the success of our plant sale at last year’s AGM, on a very limited preparation, we are all working very assiduously and swapping cuttings and plants between ourselves for propagation, to make this year’s plant sale a much bigger and better affair. With far more time for preparation we will provide our members with the opportunity to purchase some very nice plants at very reasonable prices.

Several members of our group are also members of the Springvale Garden Club which holds monthly meetings.



At three of the four meetings this year our members have claimed first prize for the plant of the month. Congratulations to Erika, Lucy and Bob.



While we have a couple of new members, welcome Claudia and Vivian, we are a bit down on numbers through ill health, holidays and the sad loss of our dear friend and much loved member John Kerr.

As Diana explained in the last newsletter we are not experts, but a group of keen home gardeners learning from and helping each other in a happy and friendly environment. If anyone is interested in joining put your name down in the office, ring me, or just make your way to Keysborough Senior Citizens at 352 Cheltenham Rd, Keysborough on Thursday mornings from 9.30 to 11.30.

Dick Raymond 0414 862 355

Current Affairs



So far this class has had a number of speakers; unfortunately the speaker for 'Puffing Billy' had to be cancelled because the numbers required by the speaker were not available. In February we had a

speaker from Community Care and in March a speaker from the RACV speaking on *Years ahead*. This was the last of 3 subjects that I have organised from the RACV.

In June we have a speaker from the Bicycle Network (arranged by a member of the current affairs class David Purdon who is also a keen cyclist).

I will be removing myself at the end of the year from tutoring Current Affairs. I have been doing it since 2010 and I think it is time for new blood and a new agenda to keep the interest in the class going forward, for one does get a bit stale. However, all in the class do look forward to the agenda and it has been going for many years even before I took on the role.

Richard Ryan

Ancient History

This class is run jointly by David Nassau and myself. David has been dealing with the Persian and Greek conflicts and I have looked at the conflicts that involved the Egyptians when Egypt still had native Egyptians on the throne. I have also examined the Fall of Jerusalem and the fall of Masada the Hebrew fort built by Herod the Great. There are numerous conflicts in the ancient world so the subject should be catered for till the end of the year.

Richard Ryan

Knitting



Knitting & Crochet - Thursdays 12:30 - 2:30 PM

Paddy O'Donohue Centre with Margaret & Lorraine
We are a group of about ten when all are present so there is plenty of time for chit chat as well as time for tutors to help you with learning basic or complicated stitches.

In crochet what is the difference between popcorn, cluster and opps?

Can't remember, come along and find out.

Lorraine Bishop / Margaret Sheffield

Drawing mixed with Watercolours

Our desire to make marks on paper shows no sign of abating but a new crew has been thrown into the mix of artists. Last year the Watercolour painters joined the drawers to make good use of the space at Latham Crescent, adding a spicy and welcome splash of colour. Ron Gurney ably leads our class (when not on the next cruise!) but everyone is a 'tutor'. Critics galore will praise the successes as well as help you to train your eye to notice further possibilities to explore in your work. Thus, we learn a good deal from each other.

The new painters have been welcomed and tell us their opinions of the new circumstances. Lily says, 'I enjoy the friendliness, the freedom and conversations – fun and laughter abounds with plenty of people around you to offer help and a ready ear to listen.' Claudia has found a way to develop some drawing skills. Her initial aim was to paint her dog, or at least find a painter to take on that job. Like Lily, she is happy in the warm, welcoming atmosphere and you can see the improvement in her drawing skills. Lucky Claudia has been away for 3 weeks, taking a dazzling trip to China. Mai, already an accomplished and oh-so-quick painter, enjoys the exchange of ideas and the chance to learn 'from everyone'. She too loves the warm atmosphere but must leave early to catch a bus home.

Mai found our U3A through the Seniors' Festival, took up line dancing, then learned about the Watercolours class through the Newsletter, and so on to Latham Crescent. Gerard, who brings to us his

fabulous, high-tech electrolarynx, heard about us when in re-pat, recovering from losing his own natural voice. He took up painting and drawing, seen as good therapy for someone re-learning to breathe, speak and eat. He enjoys the company, the banter and the good fellowship. As an 'apiarist' enthusiast, he's an expert on 'domestic bee-keeping' and is ready to give a talk to the U3A when we can arrange it. Already we know:

- Australian bees produce the world's best WAX.
- Australian bees have no diseases...YET
- Hives are set up on wharves and, are there to capture (hopefully) any unwelcome stray travellers jumping ship.

Come and join us.

We have a couple of award winning artists in our midst, but you will not be intimidated. They will give you a hearty welcome and each week you will love to see their expertise at work as they bring to life the subjects they attempt.

Audrey Goldberg

Members Voice

MEMBERS'



From 2014 to the Future

The U3A Dandenong is one of the continuing success stories of our City of Greater Dandenong. The reach is vast – spreading over Dandenong, Noble Park, Springvale and down to Keysborough. The Council remains supportive, granting us a welcome slice of accommodation for classes. We pay for the rest, running the Office 4 days each week.

You can study the initial setting up of our institution in the magazine put together in 2014, to celebrate our 20th Anniversary.

*“TWENTY YEARS OF ENDEAVOUR
THE HISTORY OF U3A DANDENONG INC.”*

With another 5 years of consolidation, our success rests on the original model devised 25 years ago – a strong framework with workable policies and processes to support the timetable and the tutors with the aim of ‘attracting learners’. Though we are scattered over such a wide area, the structure proves suitable still in 2019, with a host of volunteers dedicated to keeping the wheels turning.

Shirley Constantine remains on the Management Committee, the only ‘original’, there at the birth in the 90s and still operating as one of our go-to treasures, able to elaborate on anything you need to know about the past 25 years. She continues as tutor of her History class on a Monday afternoon, ever adapting to the next topic. Currently it’s American Presidents, and next semester – the History of Melbourne.

Jim Archibald serves as Past-President. He too has a wealth of knowledge to contribute to our continuity and is ever willing to lend a hand. He has given a lot of energy promoting our U3A in the public arena. Together these two executives are formidable advocates for any cause that may arise. They often speak for us from their experienced backgrounds.

Bernard Conduct was there at the start with Shirley, as she says, ‘the man in the trenches to make everything happen’ for many years. Bernard moved away – but you will be surprised to know that he has recently returned to join the Singing group!!

Margaret Azzopardi gave long and valued service as Office Manager, retiring in mid 2018, venturing to country areas. There are so many facets to this job as our group is spread over 9 different venues, is nearly 400 members strong and operates 5 days a week. The role of Office Manager demands patience, knowhow, tenacity, and all the administration skills needed to keep the engine ticking over smoothly. We are indebted to Margaret for her service over a busy 8 years. Big bouquets awarded in appreciation.

Vivienne Fernandes, as President and Heather Seymour in the role of Office Manager/Secretary *extraordinaire* have inherited a trim ship as we steam into the 2020s. They are keeping us on a steady course. Both are working 24/7 and transmit good-will as they toil in our best interests.

WHAT’S GOING ON NOW?

Since 2014, there have been a few tweaks in accommodation. New classes and activities have been offered, with tutors and volunteers coming forward as valued treasures. The undertakings are:

- Review of the Constitution
- Tutor’s Handbook
- Code of Conduct Policy
- Connection with Lexington Gardens, with classes in French (3) and table tennis
- NEW CLASSES - Effective Communication, Gentle Exercise, Mahjong, Tai-Chi, Positive Ageing, Spanish, Ancient History-Battles and Ukelele.
- ACTIVITIES:
 - SYNCHROTRON Open Day
 - A short ROBOTICS course
 - Origami for Christmas
 - Power of Attorney – Act Now!
 - Many other classes organise the occasional outing for their group. The Current Affairs Class engages guest

speakers which all members are invited to hear.

The outstanding highlight in 2018 was the tour of Spain and Portugal by members from the Spanish Class. With their dedicated tutor, Gloria Skalicka, a native speaker of Spanish at the helm, the venture was a resounding success. What a way to practice the new language you are striving to learn!! (Read

Check-out the WHO'S WHO grid below - 5 years on. This table attempts to form a summary of names and numbers to mark the Celebration of U3A Dandenong - 25th Anniversary.

KEEP THE WHEELS TURNING – VOLUNTEER

Audrey Goldberg

	2015	2016	2017	2018	2019
Number of Members					400
Number of classes	38	42	42	40	39
Proposed new classes	<ul style="list-style-type: none">• Oil Painting• Behavioural Science			<ul style="list-style-type: none">• Positive Ageing• Power of Attorney• Social Table Tennis• French Beg.	<ul style="list-style-type: none">• French through Song• Read & think French• Ukelele
President	Jim Archibald		Rikki Davies	Vivienne Fernandez	
Management committee					
V. President	Shirley Constantine		Jim Archibald		
Secretary	Lorice Lellyett		Heather Seymour		
Treasurer			Henri Nicolas		
Office Manager	Margaret Azzopardi			Heather Seymour	
Social Secretary	Barbara Walker				
Computer co-ordinator	Clive Gould & Yvonne Toomey				
Newsletter Editor	John Collingwood	Ronna Jhang	Alan Stevenson	David Purdon	
Risk Management	Vera Bennett				
U3A Network Delegate	Audrey Goldberg				Shared?
Grants					Lily Lam
Web & Communications					David Nassau
Committee members	14 Committee Members. Each seves a 2 year term. 7 step aside at the AGM but are eligible for re-election.				
B.B.Q attendances			30+	30+	40+
FACTS from the last 5 years	Youngest member born 27th October 1977	Oldest members born: <ul style="list-style-type: none">• 15th November 1924• 19th December 1924 (Aged 95)	<ul style="list-style-type: none">• Approx 40 classes per week• 1500+ per year• 7500+ classes over the last 5 years	<ul style="list-style-type: none">• 600 class attendees per week• 22,800+ attendees per year• 114,000+ attendees over 5 years	Volunteer hours (Tutors & Office Staff) <ul style="list-style-type: none">• 250 per week• 8700+ per year• 43,500+ over 5 years
	2 original members are still active.				

The Editor's Last Word



Welcome to my first editorial and thank you for allowing me the privilege to support U3A as News Editor. Thanks to Alan Stevenson who I have followed as Editor. Alan has done a wonderful job and his work is greatly appreciated.

Australian society is generally resistant to change. Just look at the many NO votes that take place when a referendum is held!

When I heard a class notice announcement requesting a volunteer to take on the newsletter I thought, I can do that. I have a background in technology and can use my skills to make the work easier. I have accepted the challenge and in doing so will endeavour to reduce the workload involved.

From the readers view, you can see changes which Include:

- a table of contents
- an easier to read (column) format
- details of office hours
- a photo page (as well as smaller versions of the same within the relevant articles)

I need your help to make this job successful:

- Please submit contributions to the NEWS via the email address: newsdandyu3a@gmail.com
- If you have an email address but have not received an email copy of the newsletter, please email the office at 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.

*"The world as we have created it
is a process of our thinking.
It cannot be changed without
changing our thinking."*

Albert Einstein

David Purdon



Calendar of Events

1st Semester

Monday	4th February	Commencement of 1st Semester
Tuesday	12 th Feb	Committee Meeting
Tuesday	13th March	Tutors Meeting (bring own lunch) Paddy O'Donoghue Centre 12:00 – 1:30pm
Tuesday	12 th March	Committee Meeting
Wednesday	13th March	U3A Picnic, Latham Crescent Centre
Tuesday	9 th April	Committee Meeting
Friday	12th April	Meet & Greet New-comers, Latham Crescent Centre 10.30am – 12.00pm
Tuesday	14 th May	Committee Meeting
Tuesday	11 th June	Committee Meeting
Friday	21st June	End of 1st Semester

Mid-year Break

Monday	24th June	U3A Mid-year lunch (25th Anniversary), 11am for 12 noon, Sandown Park Hotel
Tuesday	9th July	Tutors Lunch, Sandown Park Hotel Lunch 11.30am for 12 noon, meeting follows lunch



Influenza is a very contagious infection of the airways. It is especially serious for people more than 65 years old.

- Everyone should get an annual influenza vaccine anytime from mid-April onwards to be protected for the peak flu season, which is generally June to September. However, it's never too late to be vaccinated as influenza can spread all year round.
- In Victoria, all adults aged 65 years and over are eligible to receive a free seasonal influenza vaccine.

Victorian Senior of the Year Awards



Nominations for the awards are now open until 5 July 2019

<http://seniorsonline.vic.gov.au>

2nd Semester

Monday	22nd July	Commencement of 2nd Semester
Tuesday	13 th August	Committee Meeting
Tuesday	10th September	Tutors Meeting (bring own lunch)
Tuesday	10 th September	Committee Meeting
Monday	23rd September	AGM & 1 day Art & Craft Show - Venue TBA
Tuesday	8 th October	Committee Meeting
Wednesday	16th October	U3A Picnic, Latham Crescent, 12 noon start
Sunday	20 th October	SYNCHROTRON Open Day
Tuesday	12 th November	Committee Meeting
Friday	22nd November	End of Second Semester

Christmas Break

Monday	25th November	U3A Xmas Lunch – venue to be advised
Tuesday	10 th December	Committee Meeting

25th ANNUAL GENERAL MEETING



Monday, September 23rd 2019 Notes on Election of Management Committee

The rules of the Association require that half (7) of the Management Committee stand down at the Annual General Meeting but are eligible for re-election. This rule applies only to those members elected at the Annual General Meeting and not those appointed by the Management Committee to replace members who have resigned. Those members appointed to replace elected members automatically stand down. This rotates from year to year so that all elected Committee Members would serve a maximum period of two years before seeking re-election.

Committee members elected at the last (24th) AGM will continue for a further year (2020):

Jim Archibald, Vera Bennett, Shirley Constantine, Audrey Goldberg, Michael Griffiths, David Nassau, Yvonne Toomey.

This year, members who have completed their two-year term and will be standing down are:

Ulrike Davies, Vivienne Fernandes, Henri Nicolas, Beryl Potter, Heather Seymour, Alan Stevenson and Barbara Walker. David Purdon, who has filled a casual vacancy in the past year, will also stand down. All are eligible for re-election.

There are seven (7) vacancies to be filled.

Forms of proposal are available in the office. If you wish to propose a member for the Management

Committee, a form of proposal must be completed and returned to the Secretary (via the office) at least seven (7) days prior to the Annual General Meeting (16th September 2019).

If **more than** the required number of Committee Members are submitted, a ballot will be held at the AGM.

If **exactly** the required number is submitted, then those members will be deemed to have been elected and no ballot will be held.

If **less than** the required numbers are submitted, the proposed members will be deemed to have been elected and further nominations will be taken from the floor. These nominations will be deemed to be elected on a “first come, first served” basis.

In the event that the required numbers are still not reached at the AGM, the remaining vacancies may be filled by appointment of the elected Management Committee. Committee positions are decided at the first meeting of the newly elected Management Committee.

Election of the Auditor will be carried out at the meeting where nominations may be made and seconded. If more than one person is nominated, a ballot will be held.

**PLEASE NOTE THAT
ONLY CURRENT FINANCIAL MEMBERS WILL
BE ABLE TO TAKE PART IN ELECTIONS.**

NOTICE OF ANNUAL GENERAL MEETING



Members are invited to attend the twenty-fifth Annual General Meeting of the Association on

Monday, 23rd September 2019 at 2.00 p.m.

at

Jan Wilson Centre

Halton Road, North Dandenong 3175

AGENDA

- Item 1 Welcome by Chairperson
- Item 2 Apologies
- Item 3 Minutes of twenty-fourth Annual General Meeting
- Item 4 Matters arising
- Item 5 Annual Report – President
- Item 6 Financial Report – Treasurer
- Item 7 Election of Auditor*
- Item 8 Election of Management Committee members *
- Item 9 General Business

Close of meeting followed by

Guest Speaker: To be announced

Light refreshments will be provided.

*Please support YOUR University of the Third Age
by attending this important meeting.*

Please retain this agenda for use at the AGM

*See "Notes on Election of management Committee"



Gabrielle Williams MP
1/8-10 Halpin Way, Dandenong VIC 3175
☎ 03 9793 2000
✉ 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.



U3A DANDENONG Inc.
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Photo Page



Spanish Class

Friday Cyclists



Volunteers Breakfast



Coffee break for the Wednesday Easy Riders



Our Gardeners' work!



2nd Semester Timetable


DANDENONG
UNIVERSITY OF THE THIRD AGE

TIMETABLE - 2nd Semester 2019

(Monday 22nd July - Friday 22nd November 2019)

Day	Time	Subject	Tutor	Venue
Monday	9:00 - 9:45	Exercise Class	To be Advised	LCC
	9:30 - 11:30	Genealogy	Margaret Watts	POD
	10:00 - 12:00	Line Dancing	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	10:00 - 11:45	Spanish Language	Gloria Skalicka	LCC
	9:30 - 11:45	Current Affairs	Richard Ryan	DMH
	12:30 - 2:30	Computers - Beginners	Yvonne Toomey	POD
	12:00 - 2:00	Mahjong	Jan Ferguson	LCC
	2:00 - 4:00	Ukelele	Ann Thomson-Buhler	DNS
	2:00 - 4:00	Photography	Cjeng Toh	POD
Wednesday	2:00 - 4:00	Scrabble	David Pateman	LCC
	8:00 - 9:30	Meditation	Elizabeth Hessels	LCC
	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 only	Lorraine Bishop	UCH
	12:00 - 2:00	Behavioural Science	Thelma Paul	LCC
	1:00 - 3:00	"Social" Table Tennis	Natashia Strommer	LEX
Thursday	2:00 - 4:00	Effective Communication Course	Judith Talanoa	LCC
	9:00 - 9:45	Exercise Class	Ulrike 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
	12:15 - 2:15	Oil Painting	Pat Stone	EHL
	12:30 - 2:30	Knitting & Crochet	Lorraine Bishop / Margaret Sheffield	POD
	1:15 - 3:15	Computers - iPad/iPhone Workshop	Yvonne Toomey	POD
Friday	2:00 - 4:00	Social Studies	Audrey Lennon	DMH
	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
Friday	2:00 - 4:00	Parchment Craft	Hind Bruni	LCC

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

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