

U3A Dandenong Inc. ABN: 86 401 693 866









Semester Dates

Semester #1

01/02/2021 - 18/06/2021

Semester #2

19/07/2021 - 26/11/2021

Membership Enrolment

& Sausage sizzle

Tuesday Gloria P		Gloria Pyke Netball					
	29th June Complex		10am – 3pm	Sausage sizzle			
	Wednesday	Latham Crescent		at 12 noon			
	30th June	Latham Crescent					

Tutors' lunch

Wednesday 23rd June, 11:45 Keysborough Hotel,

Corner of Cheltenham and Corrigan Rds. Keysborough.

Tutors will be advised of further details by email





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Key Information & Contacts

Corporate Contact Information

	Telephone	03 9546 2997			
	Office Hours	Mon	12pm to 2pm	When	
	oning hours.	Tues & Wed	CLOSED	classes	
	o the current opening on the	Thurs	9:30am to 3pm	are	
Please not	e the current opening hours. e the current opening hours. nges will be updated on the website	Fri	9:30am to 11:30am	going	
Any Chai	Website	<u>Not</u> open on Public Holidays			
	⊠ Email				
	Office 6	enquiry@dandenongu3a.org.au			
NEWS Contributionsnews@dandenongu3a.org.auWebhttp://www.dandenongu3a.org.au					
				•	
	Facebook <u>F</u>	acebook.com/u	3adandenonginc/		
		·	·		

Key Committee Contacts

Name	Position	email	Phone
President		president@dandenongu3a.org.au	
Jeanette Keane	Membership	membership@dandenongu3a.org.au	0438 799 411
	Health&Safety	healthandsafety@dandenongu3a.org.au	
	Secretary	secretary@dandenongu3a.org.au	
Claudia Cespedes	Treasurer	treasurer@dandenongu3a.org.au	0415 108 196
Raelene Curtis	Program	program@dandenongu3a.org.au	0409 850 119
Alan Stevenson	Publicity	publicity@dandenongu3a.org.au	0431 527 077
David Nassau	David Nassau Webmaster webmaster@dandenongu3a.org.a		0423 778 753
Alan Beale	Office Manager	enquiry@dandenongu3a.org.au	0408 517 504

Meeting Venues

	viceting vehices				
	EH Lib	Endeavour Hills Library, McMahon Blvd, Endeavour Hills			
	GPNS	Gloria Pyke Netball Centre, Bennet St, Dandenong			
	KSC	Keysborough Senior Citizens, 352 Cheltenham Rd,			
		Keysborough			
	LEX	Lexington Gardens, 114 Westall Road, Springvale			
	OLN	Online Class			
	NBFC	Noble Park Football Club, 46/56 Moodemere St, Noble			
		Park			
	POD	Paddy O'Donoghue Centre, 18 Buckley St, Noble Park,			
		Dandenong North			
	ROSS	Ross Reserve, 9 Memorial Dr, Noble Park			
	TIR	Tirhatuan Park - (Enter Kriegel Way) off Outlook Drive,			
	HK	Dandenong North			
	UCH	Uniting Church Hall, Birch Ave, Dandenong			







President's Report

The resumption of U3A activities following the COVID enforced shutdown last year, has not been without its challenges. To enable us to hold face to face classes once again, we had to comply with the newly imposed government regulations regarding our use of venues. These State & Local Government regulations were of course necessary to keep us all safe. Compliance involved the preparation of a lot of additional documentation, including the development of comprehensive COVID-SAFE plans for each venue. Commencement of classes this year coincided with the introduction of our new venue - the Gloria Pyke Netball Stadium. We also introduced a new web site featuring online enrolment and membership management functions. This enabled us to enrol the majority of members online minimalizing face to face interaction.

The implementation of these changes involved a lot of additional work for the committee, tutors and office volunteers. I am pleased that we were able to successfully resume the delivery of face-to-face courses whilst also accommodating these new ways of working. We staggered the start of the courses to ensure a committee representative was present at the first class for each course. The covid protocols were explained and payments for members who opted to pay with cash were processed. This appeared to work quite well. It was good to see the many happy faces as class members greeted one another and got straight back into their normal class activities.

Dandenong U3A members have shown themselves to be a very inclusive friendly group. Many stepped up to assist other members comply with the QR sign in requirements and became email buddies for those without email. It was good to see that members complied with the covid requirements by cleaning, physical distancing, wearing masks (when those rules were in-force) and observing venue capacity limits.

As mentioned in the program coordinators report a number of Tutors, who have been leading classes for many years, for various reasons are considering stepping away from the role, but feel they are unable to do so without letting members down. This presents an opportunity for other members to give back by taking over these leadership/organising roles. I do ask that you give this serious consideration. It would be a real shame if these classes are discontinued for want of a Tutor/Coordinator. Tutors find that performing such a role can be a very rewarding experience.

Projects

Over the past year, many members have learnt how to participate in zoom classes. Using zoom can enable members with mobility or transport issues to more easily participate in classes. We are currently investigating how to run hybrid classes – that is where some members attend face to face and others attend using zoom.

We are also looking at the possibility of starting some new classes. please refer to the Program coordinator report for details.

We have the AGM / Show coming up in September so we will be looking for members to provide some input as done in previous years -





displays of activities and goods to sell whichever is relevant for promotion of your group's activities. Hope to see you there

We have also been asked to provide a stand for the Dandenong Show in November so will be looking for input and helpers for preparation and on the show days. More information on this will be provided later when we have details.

Fund raising

Thanks to all those who assisted with the Bunnings BBQ which raised some much-needed funds.

The role of Grants and Sponsorship officer is currently vacant. It involves submitting applications for grants and sourcing other forms of sponsorship. It would be greatly appreciated if you are able to assist with this. Please contact president@dandenongu3a.org.au for more information.

Next Semester

This Semester finishes on Friday 18/06/2021

Next Semester commences on Monday 19/07/2021 and finishes on Friday 26/11/2021.

Before next semester we will be send you an email outlining how to enrol and pay your membership for 21/22 online. We are planning to hold enrolment days to assist those would prefer to enrol in person. It is anticipated that during the first week of semester break we will have an enrolment day at Gloria Pyke Netball Stadium and at Latham Crescent. An email will be circulated to all email registered members when date and times are confirmed. Those members who are

"buddies" for members who do not have access to email should ensure that they are advised.

Thank You

I would like to acknowledge all the great work done behind the scenes by the committee, the assistance from the office volunteers and of course, all the work done by the Tutors and Course Coordinators who prepare and run the classes. Without the support of our volunteers Dandenong U3A would not exist. Your contribution is really appreciated. Thank you.

Jeanette Keane, President, Dandenong U3A

From the office:

Office Volunteers - A Vote of Thanks

I would like to kick off this report by thanking our excellent office volunteers:

- Claudia Cespedes
- Evelyn Beaucasin
- Janet Gillet

All three are conscientious, reliable, efficient and effective. It has been a great experience working with each of them over the past few months.





The Office - 2021 Restart

I think it would be fair to say that my introduction to the role of Office Manager in early 2021, was something of a baptism of fire. I had no previous experience of the workings of the office. So, I was on a steep learning curve for those first few weeks. To complicate matters, we were in the process of introducing a new computer-based membership management system. On top of that we had to contend with all the government-imposed rules designed to protect us from COVID-19. Just getting access to the office in those early days was a challenge because the council kept the Paddy O'Donoghue Centre closed until late January 2021. My thanks to Heather Seymour for her help and advice during my first few days in the office. It really was appreciated.

In retrospect, it is quite clear that the introduction of the UMAS (U3A Membership Administration System) proved a timely innovation. It helped us deal with some of the challenges posed by COVID-19. We were able to avoid the risks associated with holding a single mass enrolment event. Furthermore, with UMAS we could easily manage class enrolment numbers to comply with venue capacity limits imposed by government.

The UMAS software allows members to login and update their own details. It is also possible for prospective members to join, enrol in classes and pay their membership all from their own computer/device. However, if you are not a computer user or find the software difficult to use then we, the office volunteers, are more than happy to provide assistance over the phone or if necessary, in-person. Please call us during office hours if you need this support.

All current membership information is now held in an online database and several key related office tasks are supported through UMAS. Fortunately, prior to the lockdowns of 2020, Jeanette Keane (in her role as Membership Officer) had transferred recent membership information from physical cards into the online database. This meant we were able to send the instructions for self-enrolment to that part of the membership who had given us their email address. These members could then access the system from home, select their classes and make payment via the PayPal interface (using PayPal or a Credit Card). For those unable to do this we arranged for committee members to attend the first class for each course to process enrolments and accept cash payments. Meanwhile, we in the office, were able to assist members for one reason or another had been unable to enrol and pay their membership using other methods. It certainly was guite a hectic time for us during that first couple of weeks. Fortunately, things soon settled down.

Office Opening Hours and Appointments

Many classes previously held at the Paddy O'Donoghue Centre (POD) have moved to the Gloria Pyke Netball stadium. The office hours have been set to align with classes still held at POD. The current office hours are as follows:

Monday: 12:00pm – 2:00pm

Thursday: 9:30am – 3:00pm

• Friday: 9:30am – 11:30am





The office has a COVID capacity limit of 4 people. To ensure this limit is not exceeded, we ask that you call and make an appointment if you are intending to visit the office in person. If you do visit the office in-person please make sure you check in using the Service Victoria App and the POD QR code. If you need assistance with this please ask.

Emergency Contact Details

We don't hold Emergency Contact details for some of our members. We encourage members to log in and ensure these details are correct and up-to-date. It is very important that this information be readily available to the tutor or office in case of emergency. Please contact the office if you need assistance with this.

Nametags

Please ensure you have the current Nametag. You can identify a latest format Nametag by the absence of a date. In the office we are holding quite a few Nametags which have not been distributed to members. You can call us to make arrangements to pick up your Nametag.

Absences

A reminder that it is courteous to advise of absences from classes. We have several ways this can be done.

• If you know in advance that you will be away you can tell the person responsible for the class roll (usually your tutor) that you

will be away for the next class and then they can mark it on the roll.

- You can log into UMAS, select the "My Absences" menu option and send a notification to the tutor.
- If your tutor has given you their contact details you can notify them directly.
- Alternatively, you can phone your absence into the office or email it to <u>admin@dandenongu3a.org.au</u>. The office will then notify the tutor.

Class Withdrawals

If you decide that you no longer wish participate in a class, please contact us so we can arrange for the system to be updated to reflect this.

Alan Beale

Program report.

Since COVID and our return to classes we have seen many changes with some classes being on Zoom and some attempts to run a Hybrid class for Current Affairs which is in trial at the time of writing this; face to face classes has seen a reduced number of members attending.

The cycling and hiking seem to have better numbers. Language and History classes are also popular. Music and singing and the games are low on numbers or called off altogether. There are many other options, but having said that, if anyone has ideas for new classes to try





and knows someone who could be a co-ordinator/tutor, suggestions would be welcome.

Please promote us to all your friends and wherever you go with the benefits of belonging to this group. Social, friendships, educational, mind activation, etc.

Many of our Tutors have been running the classes for a long time and some now experiencing many and varied health issues, we thank them all for their dedication to their special area of expertise, but I would also like to see some of our younger healthier members putting up their hands to run a class, if we don't get some younger fitter blood in our Tutors we will end up failing in our efforts to deliver. This is becoming a serious issue in some areas. We really appreciate all our Tutors and what they do.

Something different and new to consider. We are looking at holding a Walking Sports day with the thought of making one of the options an ongoing session. The three sports that would be played by walking instead of running are: Football (Soccer), Basketball and Netball. We would need at least two teams of players to make it work. Feedback on this would be welcome.

Other suggested classes, but Tutors are essential.

- Armchair Traveller
- Art Appreciation
- Zumba
- Yoga
- Wood Etching (Pyrographic Art)

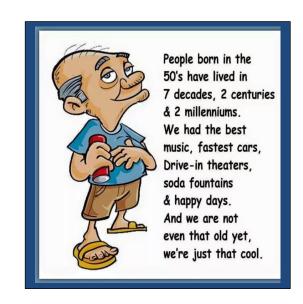
- Brain Training
- Games Club
- Chess Club
- Astrology
- Staying safe on-line

- Mindfulness/Meditation
 - Spirituality in 21st Century
- Women in history
 - Cryptic Crosswords

Any others...?

Let me know, Raelene Curtis. Via email program@dandenongu3a.org.au or phone 0409 850 119.

Raelene Curtis







Publicity

Our 2021 goal still remains the same as per our 2019 PR PLAN – that is, to pursue our *GETTING THE MESSAGE OUT THERE* strategy.

HOWEVER, due to the repercussions of last year's Covid Pandemic crisis, this half year has been more about re-establishing our current membership base, and the setting of the *UMAS - U3A Membership Administration System*.

With the start of Second Semester, PR will see a re-emphasis on the *GETTING THE MESSAGE OUT THERE* strategy. This will be achieved through:

- local media –on press releases, contribute to 'What's on' columns in the local papers
- our website and Facebook pages
- distribute an updated information poster.

Alan Stevenson



Any resemblance to actual persons, is purely coincidental.





Class Updates

Computer

Dandenong U3A Computer Classes: Beginners

Intermediate Microsoft Word

Following on from the Intermediate computer courses held all the way through 2020 using Zoom, the first half of this current calendar year has seen an Intermediate Microsoft Word course running using Zoom and concurrent face-to-face classes. In the next semester starting in July, we will be starting a new 8-week Windows 10 course. This will help you if you are confused, frustrated, or just not coping with Windows 10. So, for anyone wanting to find out the mysteries of Microsoft's most recent operating system, how to set your computer up and maybe even learn some shortcuts, this may be the one for you. Basic knowledge of using any of Microsoft's previous operating systems is necessary before starting this course. Check out the U3A Dandenong website for more course details and enrolment.

Clive Gould

cagould@sky.com ① 0424 040 483

PowerPoint

Dates: 19/07/2021 - 30/08/2021

Frequency: Weekly Course, Tue 10:00 - 11:00

Location: Online using Zoom

PowerPoint is part of the Microsoft Office suite of software that makes it easy to create fun and engaging visual aids presentations. This course will consist of 1 session each week, online, using ZOOM.

So far this year, the course has been conducted twice, using ZOOM to run the course online. The number of participants was fairly low, but feedback was positive.

Next Semester the class will be on a different day and a different, but more suitable timeslot: Tuesday at 10am.

Alan Stevenson





Exercise

Dandenong U3A Exercise Classes: Exercise Class, Tai Chi, Cycling, Walking, Line-Dancing

Cycling

Wednesday Cycling



May has arrived very quickly – who could have imagined this at the beginning of 2021?

We have been meeting our cycling companions for many months, with morning tea stops getting longer each week. Quite a few indulge in delicious cakes. Apart from the companionship, it appears to be the main reason to cycle. Definitely a well-deserved reward during a good ride.

We had our Xmas gathering outdoors at Banjo Patterson Park, Lynbrook, in December.





No sharing of food so the local Pizza shop was the place for our take away meal. In the past all attendees have brought a plate of goodies to share. This was a nice change. All agreed that this should be the





location for our Xmas gathering this year.

In January we managed to fit in a "special ride" outside of our regular area, to The Convent, East Melbourne. Craig is the official spotter for morning tea breaks and coffee quality control. This week I found a new morning tea stop at Carrum Beach. No fancy cakes but cheap toasted sandwiches for those who wanted them, and good coffee.

We have had some great cycling weather but winter is setting in which means a 9am start now.

Members are taking advantage of the freedom to travel, mostly within Victoria. Thanks to Craig and others who took charge while Ross and I were away. The past year has made us appreciate the ability to holiday at home and enjoy the simpler things in life!

Marge Angelucci

Friday Cycling



Activity of the Friday riding group has returned to pre-Covid levels with the relentless pursuit of the perfect mid ride coffee stop being the highest priority! As usual, the rides have mostly started at Tirhatuan Park in North Dandenong or the Blue Bridge in Dandenong Park

(Lonsdale Street). Steve alerted us to an impressive new path which has opened between Carrum and Seaford. It joins on to an existing path which unfortunately terminates on the outskirts of Frankston. We need to explore a safe way through busy Frankston to join up to the Peninsular Link trail, which would present further ride possibilities.

We have also undertaken some rides further afield requiring a car drive to the start. These have included the popular Warburton rail trail ride starting from Seville and an all-day expedition starting at Sorrento, catching the ferry to Queenscliff and then riding to Drysdale for lunch, returning to Queenscliff via Point Lonsdale. This has proven to be a very popular and well attended ride. Thanks to Marg for suggesting the Point Lonsdale detour. We also enlisted the help of Metro rail to visit our favourite café in Belgrave and then rode down the rail trail back to Upper Ferntree Gully.

New members are of course always welcome and of recent times we have welcomed Ron to the group. Although the Friday rides are meant to be more challenging in terms of distance and include a few moderate hills, the increasing popularity of electric bikes makes the rides accessible to virtually anyone.



Craig Gliddon





Hiking Group





The group has seen some changes with some of last year's group finding new challenges and some 6 new members joining us.

We did manage to get in two hikes during 2020 relaxed restrictions. A small group met at Birdsland Reserve, Belgrave South and hiked past the lake and up to the Northern end of Lysterfield Park to Granite Rock, where we enjoyed some great views of the city. Some members struggled a little so we cut off a bit of the hike to cater to their needs. We were back at the cars by lunch time and ate in the picnic ground and then went on another track behind the lake a short way, all enjoyed the day.

The second was a small group of 4 who hiked from Grant's picnic ground in Kallista through the forest to Belgrave in a loop. The weather was kind to us and the walk a little bit challenging on the big downhill bit. We all enjoyed coffee in the Grants café and souvenir shop before heading home.

In 2021 we have enjoyed 3 outings so far.

The first hike of the year was planned for February. This was prevented due to the snap lockdown but took place in March. A visit to the Briars at Mt Martha with seven participants embarking on the wet lands circuit approximately 2.5km, followed by the Balcombe Creek trail to the beach, a 7km round trip. We enjoyed our lunch in sunshine on the beach and some embarked on a paddle in the water as the tide came in. A stroll back to the cars at the Briars, some stretching down followed by a coffee at the café at the Briars was enjoyed by some.

April saw 7 (some different ones than the first hike) of us heading towards Pakenham, where we walked along the Cardinia Aqueduct. This was a reasonably easy walk of 10km return. Only one hill. It became a bit showery during the day, but mostly hung off until we finished. This was lucky as it got very stormy during the late afternoon. A toilet on the trail somewhere would have been handy as not a lot of trees where we can go behind. Coffee at the end at Arena Plaza.

Ferny Creek and Sherbrooke Forest is the May hike, including Alfred Nicolas Gardens. Eight of us ventured out on a cold start of around 7° but soon warmed up. We began at the Recreation Reserve and crossed into the Sherbrooke Forest, with a short visit to the Anzac Memorial, heading South where the track was a bit muddy and slippery, seeing at one stage Queenie on her bottom in the mud. She gained her confidence once given a walking pole to use. A view from one point across to Lysterfield Lake created some discussion and suggested a session on compass reading. Next was the sighting of a Lyrebird on the track ahead and then the Sherbrooke Falls. This walk had a lot of ups and downs so was a challenge for some. Lunch was enjoyed at the





Alfred Nicholas Memorial Gardens. (See photos). We completed the 10Km circuit in 4 hours followed by some of us visiting Miss Marple's coffee shop for afternoon tea.

Raelene Curtis

As you get older, you've got to stay positive.
For example, the other day I fell down the stairs.
Instead of getting upset, I just thought,
"Wow, that's the fastest I've moved in years!"

Exercise class

Monday 9:00 -9:45 am

Our exercise class is the first one to open after a year of isolation due to COVID 19. There was some chaos and confusion in implementing the

rules required from us by U3A and the Dandenong council. The QR coding and some questions to be asked, caused some delays to start the class. The support of the committee members is very much appreciated.

There was some anxiety mainly from me as to how best reassure the members that the environment is safe for all attending.

Hand sanitation and maintaining social distancing were very much emphasised in order to alleviate member concerns.

In spite of the anxiety, there was also excitement at seeing old friends (without hugging them) exercising together and of course meeting new members.

After the initial chaos we are now back on track, focusing on having fun doing exercises that will strengthen our joints and muscles, maintaining our mobility, some aerobics, stretching and balancing and cooling down exercises. It feels so normal to be back.

Lolita Briones



Lolita wrote this before Lockdown #4. Hopefully the next semester will not have any interruptions.

Tai-Chi

Monday 10:30-11:30am

COVID 19 – we have never experienced anything like this in our lifetimes.....

Coping with the pandemic lockdown restrictions and isolation was overwhelming for our physical and mental health. Class activity has played a big role for the healing process. The slow peaceful meditative





reflective movements of Tai-Chi are so beneficial, whether you do it alone or within a group.

We struggle mostly with our balance in the beginning, but with practice and persistence we should be able to overcome it. We like doing our breathing and pressure points exercises. We apply gentle and tapping massages from the top downwards. We enjoy the Qigong elements with our beautiful music.

After some chaotic and confusing moments (never starts on time for some weeks) mostly from QR coding. Now that we are settled, it is good to see members sanitising their hands and social distancing during the class.

By the time I finished writing this we are on another lockdown. So please members get vaccinated so that we can continue doing our Tai-Chi.

Lolita Briones

Games

Dandenong U3A Games Classes: Mah-jong, scrabble, Rummy Cub

No reports have been received for these games but there is probably
not much to say other than everyone seems to have a lot of fun.

History

Dandenong U3A History Classes: Historical Battles, Australian History, Genealogy

JUNE 2021

Historical Battles

Originally, we were going to share these sessions between the Napoleonic Wars and the American Civil War, however Richard Ryan, who was going to deliver the American Civil War lectures, experienced a medical episode and was not confident he could commit to a full year's effort.

I therefore decided that I could deliver a very detailed look at the American Civil War which began in 1861 and finished in 1865, following my hobby of historical wargaming. This conflict started off with a desire of the Southern States for independence to protect their way of life. The south was agricultural, its economy was based on the production of cotton and tobacco, but where the problem lay was that the workers were slaves. The north was largely manufacturing with paid workers. The central government-imposed import tariffs to protect northern manufacturers. The south imported most manufactured goods and so was paying taxes which were being spent on northern infrastructure. The election of Abraham Lincoln resulted in a change in the balance of power in the US legislature and the South, under threat, succeeded. The war originally was thought would be over within a week or so to reestablish the union. It was reported that "a pocket handkerchief would be all that would be need to wipe up the blood that would be spent in the first major battle at Bull Run". So confident, were the population of the north, that this first major battle would be a quick victory for the union forces that people came out to watch the show with their picnic lunch in July 1861. From then on, until Lee surrendered to Grant, this war cost the American people over 700,000 casualties.

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During the first semester we have covered the war in the Eastern theatre 1861-1863 as well as some of the war in the Western theatre 1861-1863. We have the remaining of war in the West to 1863 to cover then in the second semester we will cover war in the East and West 1863-1865.

David Nassau

Hobbies

Dandenong U3A Hobbies Classes: Drawing/Water Colours, Photography, gardening, knitting & Crochet, Parchment Craft, Book Group

Gardening

This semester has seen a huge amount of change for our group, as I am sure Covid has affected every other group as well.

At the risk of breaching our "No Whingeing Rule" I would like to point out that the effects of Covid, the change of venue, and member illnesses has probably halved our numbers.

We have had a change of venue to the Dandenong Uniting Church Hall, which is vastly different from our former home and comfort zone at Keysborough Senior Citizens.

Apart from COVID requirements we are required to set up and dismantle tables from and to storage areas every meeting, in this very large and cold facility. This has become a very time consuming and onerous task as none of us are getting any younger.

I must point out that this is in no way meant as a criticism of the very hard-working committee of U3A, who I believe have done a marvellous job given the Covid regulations and conditions imposed by City of Dandenong this semester, and are to be congratulated.

Due to the Covid restrictions we have been unable to arrange an outing this semester but our tour director Bob is currently organising something not too arduous on the body for next semester.

We continue to share cuttings from our various gardens as well as tips and ideas along with plant identification.

I would like to thank Diana for opening her home and garden the week the UCH hall was unavailable, for Bob to give a demonstration on repotting orchids.

We look forward to a better 2nd semester and would love to see a new home and a few more members attending.

Dick Raymond

Book Group

U3A Dandenong is a member of the Endeavour Hills library's book club program. The program arranges for the supply of a set of up 10 copies of various popular books. In addition to supplying the books, the Library also provides Discussion Notes for each book. The notes provide additional background material including interviews with the author. Also included in the Notes is a list of discussion points and questions.





From time to time the library arranges literary events including Inperson presentations by popular authors. The library has an extensive list of "book club" books featuring both fiction and non-fiction from Australian and International authors.

Our book group meets once a month at the library to drop off and discuss the previous book and pick up the next book. At the end of the year the members are invited to vote on the candidate books we will read the following year.

The discussions are often in-depth and quite wide ranging. As a group, we work together to develop a better understanding of the intention of the author, or at least what we think it is! We share a common love of reading and a willingness to express our opinions on the books and their authors. We aim to expand our literary horizons by reading a variety of genres.

Our opening book for the 2021 was "The Drovers Wife" by indigenous author Leah Purcell. She takes Henry Lawson's short story "The Drover's Wife" as a starting point and creates a full-length novel exploring issues of race, gender, violence, family and generational relationships. A film version of the story, directed by Leah herself, is currently in post-production.

In April, we reviewed Phosphorescence by Julia Baird (Presenter of the Drum on ABC TV). This book sits somewhere between a memoir and a personal development book. Julia draws from her own life experiences to share insights of how to live an extraordinary life.

Our third book for the year was "When will there be Good News" by English writer Kate Atkinson. This book is crime fiction at its very best and is the third in "Jackson Brodie" series.

Upcoming books include:

- "A Man called Ove" by Fredrick Backman
- "The Giver of Stars" by Jojo Moyes
- "The Weekend" by Charlotte Woods
- "My Fathers Daughter" by Sheila Fitzpatrick
- "The Secret Son" by Jenny Ackland
- "The Winter of our Discontent" by Susan Maushart
- "The Floating Garden" by Emma Ashmere

New members are very welcome. At the time of writing there are three spare spots available.

Alan Beale

Photography

Thursday 10am -12 noon

We have a diverse group of members ranging from beginners to advanced. Topics discussed include the basics of photography (camera and techniques) and Photoshop software (equivalent to darkroom). Members have transitioned to bringing in their own laptops for the Photoshop sessions. A Field trip to Springvale Cemetery on 1/4/21 provided interesting material for Photoshop learning. Currently, there are 6 active members. Maximum members=12.





Learning Photoshop allows people to extend their computer skills, albeit in a specialised area

Cjeng Toh

Parchment

There is currently difficulty in obtaining the parchment tools. We still have a class of 7, who all have the necessary tools and they have been advised by the tutor that, if they have friends who can share the tools with them, then that would be OK. They would be most welcome to join the class. We also do Iris Folding and Stitched Cards.

Hind Bruni

They say with age comes wisedom - therefore I don't have wrinkles, I have wise cracks.

Language

Dandenong U3A Language Classes: Italian, Spanish, French, Chinese.

Spanish

Our Experience with "La clase de español"



We have joined the Spanish language class in U3A three years ago as both I and my husband were interested in learning Spanish. Now we are still part of this class and we are enjoying it greatly.





The lessons are very good. We are not only learning the language but also learning about Spain and other Spanish speaking countries, about their cultures, history and interesting habits. Our very experienced teacher Gloria can easily change a boring grammar lesson into an enjoyable and amusing experience; therefore, we attend the lessons with a great pleasure.

Learning is not everything when it comes to these classes. People from the class got to know each other well. We started to socialise, meeting outside the classes and going to restaurants and concerts together.

Moreover, our class also had a big plan of going to South America. It was a huge job to organise such a trip, but Gloria put a lot of effort and heart into it and managed to organize everything. Unfortunately, our wonderful plans were abruptly cancelled due to COVID19.

Quickly our Spanish classes were closed, we just had to stay at home and wait. It was a hard time as people felt sad, afraid and lonely. Even though our class couldn't meet face to face we were in touch on daily bases by WhatsApp and other social media. We also had weekly Zoom meetings were we could chat with each other and even learn Spanish by talking on the phone with Gloria. She put a lot of efforts to keep us together. She was the soul of the group.

Year 2021 gave us a new start. We restarted our classes and again we learn and enjoy each other's company.

We truly enjoy being a part of this group. and are very thankful to Gloria for all her efforts and time.

Alicia and Jerzy Voelkel





Wed 11.30am-12.10pm: French Beginners - Zoom Class

We are no longer beginners. we can read French and understand simple conversations. "Ça bouge 2" is the book we use this year.

Members are quite tech savvy, not only able to access zoom but also purchasing their books online - A bunch of advanced, fun loving grandmas and one grandpa spending 40 minutes together every week.

Wed 12.30pm-1.10pm: French Intermediate - Zoom Class

This class is using the "Tempo 2" coursebook this year. It is a challenging textbook!

Members of this class are all fun characters and never hesitate to talk and talk from their hearts. \bigcirc A group of silly grown-ups having fun together.

More a language sharing, knowledge sharing crowd than a serious and disciplined traditional class.

(Not suitable for serious people!) ((a) ((a) ha ha!)

Note: we are looking at doubling the zoom time from 40 to 80 minutes.

Lap **Lilly** Lam





ITALIAN LANGUAGE ON ZOOM



Tutoring Italian language lessons on Zoom is a great way to provide all necessary information related to each lesson, without leaving home. I take this opportunity to thank U3A Dandenong to have organised training, and Clive Gould for setting up Zoom and provide me with training.

Even though it is not the same as face-to-face lessons, so far, I have been able to explain each lesson in details with not many interruptions, with the exception of the occasional loss of audio by some students' electronic device. During 'class', students are asked to read Dialogs from their text book, usually in combination of two students. Post reading, I provide students with clear pronunciation of words I have assessed need extra practice, as the Italian language is read very differently to English, and can be quite challenging. The Dialogs emphasise ways of how Italians communicate, as well as how they socialise.

As part of their homework, students are asked to create sentences out of 'New vocabulary' included in each lesson, to enable them to put in use their acquired knowledge and to grow in confidence. Also, as homework students do sets of exercises related to each lesson. Just to mention a small part of what students are learning, lessons include

Regular and Irregular Verbs conjugation, various types of Adjectives, the variations from Singular to Plural and Feminine to Masculine, which is very important if one wants to learn the language properly. All the above must be studied thoroughly as these forms are very different to English. In addition to the above, students are reading an Agatha Christie mystery book written in advanced Italian.

The time I invest in preparing and forwarding the lessons is worth it, because my students are hardworking and motivated individuals, who attend the classes because they really want to learn. This makes me very proud of them.

Regards

Rita Romano

If I ask you how you're doing, please just say, "good" and move on. Don't start telling me.





Italian Class with Professor Ivo



Our Italian class with Professor Ivo has been going well this year.

Everyone is enjoying being back in the classroom again, seeing and conversing with our classmates after a difficult year in 2020.

Professor Ivo has been improving our vocabulary, grammar and conversation skills. Articles and verb tenses are a challenge.

In mid Maggio we all went out to an Italiano ristorante per pranzo Many of our partners also joined us along with some previous studenti. It was a very enjoyable lunch organised by Tina.

Food is a big part of Italian culture so lunch was a great activity. Naturally the dishes included pasta and pizza plus vino and birra. Included are some photos from the lunch.

We are all looking forward to the second half of the year.

Ciao

Trevor Rekdale







Life

Dandenong U3A Life Classes: Current Affairs, Behavioural Science, Effective Communication, Philosophy.

Current Affairs



The last 12 months has been somewhat different for all of us. We have run the Current Affairs Class throughout, either physically by attending a venue or on Zoom.

A few of our members were not comfortable to try Zoom but most did participate and so we continued to enjoy good discussion.

Recently, a couple of our members have advised us that, due to mobility challenges, they could not continue to attend classes. They did mention that they would participate in any Zoom activities.

We decided that we should try to make it possible for these members to continue via Zoom, whilst others were physically in the class. This was no small agreement as it meant that we needed to move to another venue which provided wi-fi and had, an overhead projector. Luckily the Gloria Pyke Netball Complex was free at the time of our meetings and so we moved.

This is a superb facility with lots of parking. We have wi-fi and an overhead projector as well as a very comfortable room with adjoining kitchen.

Due to technical difficulties (mainly an old PC) we did not proceed the first week but on the second occasion Beryl Potter joined the meeting on Zoom. She could see everyone in the room and they could see her.

Like everyone else, she had her opportunity to speak when she raised her hand. Many thanks to Beryl who has taken a lead in using the Zoom-share opportunity.

We are delighted that with the introduction of "Zoom-share" we now have the means to enable members to continue to participate, even when mobility becomes a challenge.





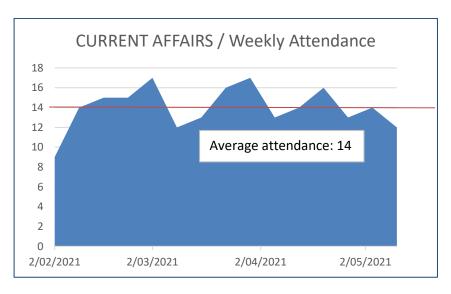
Clive Gould is also using Zoom-share for his computer class. I would like to think that some of our other classes could also introduce Zoom-share. We would need some small investment in equipment, so that a "permanent" setup at the venue would essentially just let the tutor logon to the Zoom session, then run their normal class with the inclusion of virtual viewers.

As you will see from the following chart, our weekly attendance has been maintained in spite of the challenges. Many thanks to the class for their continuing support.

The Current Affairs class is informative, social and fun.

It meets the U3A expectation:

LIVE~LEARN~ENJOY



Effective Communication



My thanks to Richard for supplying this insight into the Effective Communication Class.

The communication class has been creating a number of assignments, dealing with the construction of short stories under one particular heading. Each member who responded had a totally different slant. We all came up with an entirely different story, yet all had the same heading. Judith was thrilled as it showed very open thinking and different styles of imagination. We were also given an array of phrases from Shakespeare and were asked to construct a story using as many of the phrases as possible. There would have been around 30 or so and James used them all. It was brilliant and most of the class used quite a few in the stories they created.

Each class starts off with a 'round robin' in which you state what the week was like. Each speaker does this so that his or her reply is given to show confidence and done without hesitation - giving a report that is done with confidence, humour and interest.

The whole concept of the communication class is to make each class member a confident speaker.





We have also conducted debating where the class is divided into two sections, with one group speaking in favour of the topic and the other against. This exercise will be repeated when we can next meet (i.e., post-lockdown).

One class during the semester was conducted as a mini-toastmasters, where presentations were given and then evaluated. No negative reporting is given but suggestions are provided around phrasing and potential areas for improvement.

Richard Ryan

Music

Dandenong U3A Music Classes: Music Appreciation, singing group

Music Class

Unfortunately, the music class has closed due to lack of numbers. In the future, if 5 or more people are interested, I'm perfectly happy to host it again, or participate if someone else wants to host.

Rikki Davies

Singing Group

Hello to all U3A members. Here we are in lock down again so plenty of time to catch up on line!

I had not attended the singing group for a while as I thought the French class would challenge the brain more.

JUNE 2021

Well, I really missed the singing and went back earlier this year. I was so pleased to see the group was still going.

In fact, quite a few new people came as well but unfortunately, none of the wonderful musicians from earlier came back.

Fortunately, June was there every time and soon a keyboard was set up and we had some good singing sessions.

A good singing group needs voices, both male and female – so anyone interested in joining or re-joining the wonderful singing

Group, come and give it a go – Fridays at 10.00 am. Any musician interested would be most welcome to give it a go.

Dorothea Kassell

Online Courses

Dandenong U3A Online Classes: TBA



U3A Network Victoria News

Open Online Courses and Activities

U3As are currently offering online courses and activities that have vacancies. Select an activity and go to the website of the U3A to enrol.

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You will need to have downloaded the Zoom video-conferencing product onto your computer, smartphone or tablet to participate. Once you have enrolled, you will be sent a link to join the class at the specified time.

https://www.u3avictoria.com.au/open-online-courses-and-activities

Course Coordinators' Forum

Network will be hosting a state-wide course coordinators' forum on 25th June at 12:00 pm via Zoom. The theme of the forum will be Creating Courses and Supporting Tutors. The forum will be an opportunity to hear from other course coordinators, ask questions and put your suggestions forward.

Register in advance for the forum:

https://u3anetworkvictoria.zoom.us/meeting/register/tJclf-GgrjMiE9eUG5woWdgHvd0gOUev4S4p

Members Voice



Unfortunately, we did not receive any contributions from members for this edition.

AGM

It is currently planned to hold the AGM on Monday 6th September at the Gloria Pyke Netball Complex. The date and location together with guidance for making nominations, will be formally confirmed by email to all members in late July. Those members who are "buddies" for members who do not have access to email, should ensure that they are advised.

The by-laws supporting the constitution, introduce a standard 2-year term but the committee member may, at their discretion, step down after 1 year. All elected Committee Members may serve a maximum period of two years before seeking re-election.

	Names		Election Status
Committee members elected at the last (26th) AGM or subsequently selected by the Committee to fill casual	President (including Membership Portfolio)	Jeanette Keane	Automatically re-elected
vacancies, will continue for a further year until (2022)	Office Manager	Alan Beale	. re-elected
Members who have completed their two-year term and standing down	Publicity	Alan Stephenson	Not seeking re- election
Members who have completed one year but have chosen to stand down	Janet Sephton a Toomey	ind Yvonne	Not seeking re- election





	Names		Election Status
Members who completed 2 years and are seeking re-	Treasurer	Claudia Cespedes	
election	Webmaster	David Nassau	Nominations required
	Program Coordinator	Raelene Curtis	
Vacant Positions	Vice-President Health & Safety		Nominations required
	Grants & Sponsorship		
	Network Representative		
	Publicity		

There are several (non-committee) volunteer roles. These are chosen by the Committee and are not subject to election. These roles currently include:

Newsletter — David Purdon / Social - Dorothea Kassell /

Special Projects - Vivienne Fernandes

Vacant Committee Positions

There are currently four positions vacant and, as yet, no known interest to nominate for these positions.

U3A Dandenong can only survive and prosper with the support of its members. Anyone who joins the committee will be given guidance, as required. Please consider nominating for one of these vacant positions.

These are important roles and any assistance would be greatly appreciated. It should be noted that without an adequate level of

support, the committee may need to consider other options such a merger with another U3A.

Committee Support Roles

Even if you do not wish to join the committee, please volunteer for support roles. These do not require election as they are subject to a committee decision. We currently have a number of people in (noncommittee) volunteer roles:

- Newsletter David Purdon
- AGM Coordinator David Purdon
- Social Dorothea Kassell
- Special Projects Vivienne Fernandes

AGM Speaker

It is usual for a speaker to address the AGM for about 15 minutes. We have generally asked for external speakers but, it is possible that one (or more) of our members may have a pet topic which they believe would interest the AGM attendees. If you would like to speak, please email me to confirm your interest and to advise brief details of your topic - news@dandenongu3a.org.au

David Purdon / AGM Coordinator





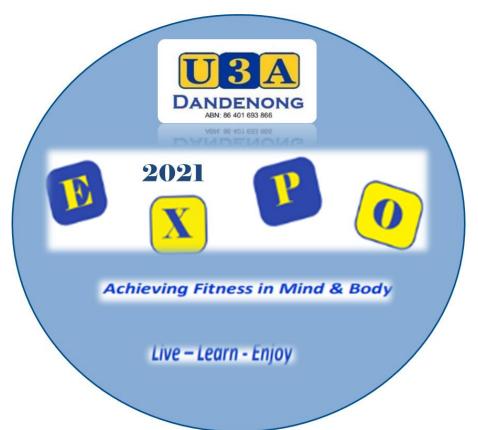
U3A Dandenong First Annual Expo

In the past we have held an Art show on the same day as the AGM. As foreshadowed in the 2020 Annual Report we wish to expand this event in order to include all aspects of our U3A activities. Accordingly, this year on September 6th, we be holding the first U3A Dandenong Annual Expo.

It is recognised that due to lockdowns we have not achieved as much as

we all hoped but we have still had successes. This is an opportunity to celebrate our successes in the classroom and may be a pedestal to encourage new members.

Work is already happening to determine the format and content for this event and we welcome your ideas. When our plans are a little more developed, we will be sending an email to all members. In the meantime, if you feel that you can contribute to the Expo or just want to attend, perhaps with friends, and have any questions please contact me - Dorothea Kassell (Social Secretary) via email social@dandenongu3a.org.au or telephone 0407 616 300



Sandown Park Train Station





Frankston Hospital

2 Hastings Road, Frankston VIC 3199

Get driving directions or plan your journey on public transport.

Open Monday – Friday 7:30am-3pm

Saturday 9am-3pm

Walk ins accepted Monday - Friday 7:30am-3pm, Saturday 9am-3pm

Cranbourne Turf Club

50 Grant St, Cranbourne VIC 3977

Get driving directions or plan your journey on public transport.

Parking available on-site enter via Grant Street.

Nearest train station is Cranbourne Station.

Nearest bus stop is Cranbourne Integrated Care/Sladen St (Bus route 760, 791)

Open every day 9am-5pm

Walk ins accepted from 9am-3pm.

Vaccination Centres near our members

Get your COVID-19 vaccination



We use current guidelines to administer the most appropriate vaccine for you.



Location

Sandown Racecourse

591 - 659 Princes Highway Springvale, Vic 3171



Operating hours

9.00am-5.00pm Every day



Getting there

By car: Enter via Princes Highway only Free parking on site with priority parking available

Nearest train station: Sandown Park Pedestrian access only from train station

Nearest bus stop: Princes Highway/Racecourse Drive (route 800)



Booking your appointment

Walk-ins are accepted, but to avoid delays or disappointment, we recommend booking an appointment.

To book, please call 1800 675 398. Select option 1, then option 1, then option 1.



More information

You are welcome to bring a support person with you if you require assistance with mobility or translation, or we will be happy to assist you on the day.





sephu.org/covid-vaccination





Course Timetable / Semester 2 19/07/2021 - 26/11/2021

Day	TIME		SUBJECT	Room	Venue	Tutor	Notes
	9:00	10:00	Exercise Class		LCC	Lolita Briones	
	9:30	11:15	Genealogy	Dream Room	GPNS	Gladys Willams	
>	10:30	11:30	Tai Chi		UCH	Lolita Briones	
Monday	11:00	1:00	Historical Battles		LCC	David Nassau	
6	12:00	1:45	Italian Language	6	POD	Ivano Gnocato	
Σ	12:00	1:45	Italian Intermediate/Advanced		online	Rita Romano	
	1:15	3:15	Computers - Win 10 Workshop	Dream Room	GPNS	Clive Gould	
	2:00	4:00	Australian History		LCC	Shirley Constantine	
	9:30	11:30	Current Affairs		GPNS+Zoom	David Purdon	
	10:00	11:45	Spanish Language		LCC	Gloria Skalicka	
>	10:00	11:00	Computers - Power Point Application		Online	Alan Stevenson	
Tuesday	10:00	2:00	Hiking/ 3rd Tues- monthly		Various	Raelene Curtis	
ě	12:30	2:30	Music Appreciation	Dream Room	GPNS	Ulrike Davies Cancelled	Cancelled/Lack of numbers
F	1:00	3:00	Behavioural Science		LCC	Thelma Paull	
	11:30	1:30	Mahjong	Meeting Room	GPNS	Jan Ferguson / David Pateman	
	2:00	4:00	Scrabble	Meeting Room	GPNS	David Pateman	
	8:30	11:30	Easy Rider Cycling		TIR	Margaret Angelucci	
>	9:30	11:30	Walking		ROSS	David Pateman	
ğ	10:00	12:00	Drawing/Painting		LCC	Ron Gurney/Lorice Lellyett	
ĕ	10:00	12:00	Line Dancing		UCH	Lorraine Bishop	Venue and timing under review
Wednesday	10:30	11:10	French for Beginners	10 Weeks	online	Lap Lam (Lilly)	
š	12:30	1:50	Intermediate French/French Songs	10 Weeks	online	Lap Lam (Lilly)	
_	1:00	3:00	Effective Communication Course		LCC	Judith Talanoa	
	9:30	10:15	Exercise Class	Courts	GPNS	Rikki Davies	
	9:30	11:30	Gardening		UCH	Dick Raymond	Venue under review
lay	9:30	11:30	Philosophy	Dream Room	GPNS	David Pateman	
S	10:00	12:00	Photography	3	POD	Cjeng Toh	
Thursday	12:30	2:30	Knitting & Crochet	Dream Room	GPNS	Lorraine Bishop / Margaret Sheffield	
F	1:00	2:00	Book Club/ 2nd Thursday - mthly		EHL	Alan Beale	
	1:15	3:15	Computers - iPad/iPhone Workshop	5	POD	Yvonne Toomey	August start
	1:00	3:00	Rummy Cub	3	POD	Elizabeth Hessels	
	8:30	11:30	Cycling		TIR	Craig Giddon	
F	10:00	12:00	Singing Group	Hall	POD	June Crowley	
	2:00	4:00	Parchment Craft	Dream Room	GPNS	Hind Bruni/June Gaulbert	

Venue Codes

EHL - Endeavour Hills Library

10 Raymond McMahon Blvd. Endeavour Hills

LCC - Latham Cres.

Latham Cres. Dandenong North

GPNS - Gloria Pyke Netball Stadium

Greaves Reserve, Bennet St, Dandenong West

POD - Paddy O'Donoghue(room)

18 Buckley St, Noble Park

Ross Reserve

Memorial Drive, Noble Park

TIR - Tirhatuan Park

Kriegal Way, Dandenong North

UCH - Uniting Church

Birch Ave, Dandenong North

On line classes

via Zoom

This timetable is the latest information available at the time of print. Please check the website for updates.





U3A DANDENONG Inc. proudly supported by:





Dandenong & District Netball Association

Netball for all ages, abilities and experiences



Noble Park Football Club



Gabrielle Williams MP

16 Princes Highway, Dandenong, VIC 3175

3 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.



DANDENONG
UNIVERSITY OF THE THIRD AGE







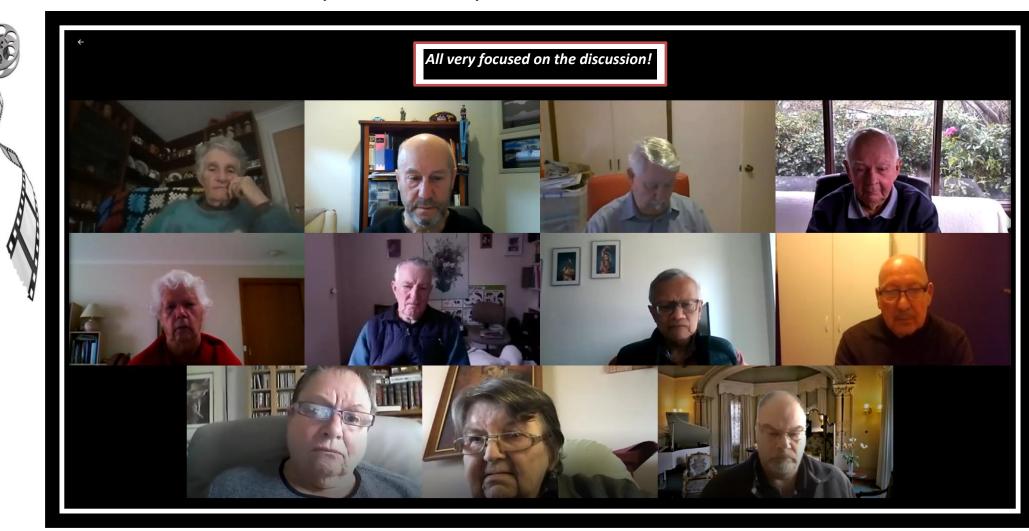
Photo Page(s)







Current Affairs Class – 8th June (All back to Zoom)







Day Trips for Seniors CGD - July 2021 Bookings open 9am, Tuesday 1 June



10-Pin Bowling Wednesday 7 and 14 July

Depart/Return: 9.30am - 3pm Transport cost: \$5

2 game package: \$23

Lunch: Purchase food and drinks at café Note: No outside food or drinks allowed

Sea Life Aquarium - Melbourne Thursday 22 and Monday 26 July

Depart/Return: 9am - 4pm Transport cost: \$10 Admission: \$30

Food: Bring your own or purchase at café

Please note: A considerable amount of walking may be required depending on how much you wish to see



JULY BONUS Choose one from above PLUS you may also attend the lunch below



Lunch at Stella's Kitchen The Orchard at Montague Friday 16 July

Depart/Return: 10.30am - 2pm Transport cost: \$5

Booking/enquiries: Ph. 8571 5556

24 hour cancellation policy applies.

Terms and conditions apply

to book basis. Limit of one trip per month.

Please note: No outside food or drinks allowed

Transport costs will be billed at the end of the month.

Limited seats available and will be allocated on a first

Participants using this service need to be independent and mobile. Mobility aids are accommodated.

Participants must be residents of the City of Greater Dandenong and become registered users of the Community Transport Service.

@ council@cgd.vic.gov.au TIS: 13 14 50

Speak and listen: 1300 555 727 Online: relayservice.gov.au

greaterdandenong.com f 😇 🔰 🛗

Departure/Return Address: Noble Park Aquatic Centre: 9 Memorial Drive, Noble Park

Day Trips for Seniors CGD - August 2021 Bookings open 9am, Tuesday 8 June



The Amazing Mill Markets Large antiques market in Geelong Thursday 5 and Tuesday 17 August

Depart/Return: 8.30am - 5pm

Transport cost: \$20

Food: Bring your own or purchase at café

Caldermeade Farm and Bassine Specialty Cheeses - Visit two farms



Cheese tasting, petting zoo, view milking and café Wednesday 25 August Depart/Return: 9am - 4.30pm Transport cost: \$15

Food: Purchase at café



August BONUS Choose one from above PLUS you may also attend the trip below



Melbourne Museum PLUS Lunch at Queen Victoria Market Friday 13 August

Depart/Return: 9am - 4pm Transport cost: \$10 Museum Admission: Adults \$10; Concession Free Entry Lunch: Bring your own or purchase at Queen Victoria Market

Participants using this service need to be independent and mobile. Mobility aids are accommodated.

Participants must be residents of the City of Greater Dandenong and become registered users of the Community Transport Service.

Booking/enquiries: Ph. 8571 5556 Transport costs will be billed at the end of the month. 24 hour cancellation policy applies.

Limited seats available and will be allocated on a first to book basis. Limit of one trip per month. Terms and conditions apply.





Find us online greaterdandenong.com f 😇 🔰 🛗 Departure/Return Address: Noble Park Aquatic Centre: 9 Memorial Drive, Noble Park