



U3A is on the move again!

Semester Dates 2022

Semester #1
07/02/2022 - 24/06/2022

Semester #2
25/07/2022 – 25/11/2022

AGM - 2022

Thursday 1st September
Further details will be emailed & posted on the U3A website prior to this date

U3A - Christmas in July

Sandown Park Hotel, Cnr Princes Hwy. and Corrigan Rd., Noble Park
Thursday 7th July 12.00 Midday

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Key Information & Contacts

Corporate Contact Information

Telephone	03 9546 2997
Office Hours	Mon 12pm to 2pm
	Tues & Wed CLOSED
	Thurs 9:30am to 3pm
	Fri 9:30am to 11:30am
	<i>Not open on Public Holidays</i>
Email	
Office	enquiry@dandenongu3a.org.au
NEWS	news@dandenongu3a.org.au
Contributions	
Web	http://www.dandenongu3a.org.au
Facebook	Facebook.com/u3adandenonginc/

Key Committee Contacts

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Name	Position	email
Margot Schuhmacher	Grants & Sponsorship	funding@dandenongu3a.org.au
David Nassau	Webmaster	webmaster@dandenongu3a.org.au
Alan Beale	Office Manager	admin@dandenongu3a.org.au

Meeting Venues

EHL	Endeavour Hills Library, McMahon Blvd, Endeavour Hills
GH	Guide Hall, Memorial Drive, Noble Park.
GPNS	Gloria Pyke Netball Complex, Bennet St, Dandenong
LCC	Latham Crescent Centre, Dandenong North
OLN	Online Class
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, Dandenong North

Committee Support

Name	Position	email
David Purdon	Newsletter	news@dandenongu3a.org.au
Dorothea Kassell	Social	social@dandenongu3a.org.au



President's Report

As we approach the end of the first semester of 2022, it is time to reflect on what has been happening at U3A Dandenong. It was encouraging to see how well members responded to the new requirement of being vaccinated to attend face to face classes and are managing to use our web site to re-enrol. I have added a [guide to enrolling in additional courses](#) on the "courses" page on the web site which you can refer to if you are having difficulties.

The Covid Marshals deserve a special big thank you as without these volunteers making sure that the covid requirements met we wouldn't have been allowed to run our activities over the past semester.

Although the restrictions have eased significantly, please maintain the cleaning and the practice of good hygiene to minimise the spread of covid.

It is still important that if you do test positive to Covid you isolate as per Vic Govt regulations and if you have been to U3A Dandenong activities at any time in the two days up to and including the day you test positive, that you let your Tutor/Course Coordinator and/or Program coordinator and/or President know so that we can notify other members of the course so they can monitor for symptoms and test and wear mask (as per Vic govt regulations) so that we minimise the risk of further spread of covid amongst our U3A Dandenong community.

Another change we made as a result of the impact of Covid stopping us having face to face courses, was to change the membership year from financial year to calendar year, so for existing members we will not start asking for membership renewal fees until November 2022. This brings us into alignment with the majority of Victorian U3A's that use the same membership software as we do.

Since we haven't been able to have much in the way of social get togethers open to all of U3A Dandenong we have announced Xmas in July with details in the May Class notice and are thinking of having another meal together combined with our AGM in early September. We are also planning to have a stand at the Dandenong Show in November to promote U3A Dandenong activities so volunteers and contributions to the display at the show will be requested at a later date. Further details on these events will be provided in Class Notices

Special thanks to our Program Manager, Raelene as we have had to negotiate changes to venues and Tutors/Course Coordinators this semester so that we can continue to provide a wide range of activities. Full details are in the Program report. Also, thanks for managing the Bunning's sausage sizzles which has provided a very welcome injection of funds.

At the end of last year, we received a grant for purchase of equipment for conducting Hybrid courses. The first course we have running this way is Current Affairs and we are upgrading some of the equipment being used to make this course work well for those who attend in person and those who attend on zoom. Please see the Current Affairs report for more details. Now we have learnt more about running hybrid

classes, equipment for use at other venues is being organised. Hybrid courses enable members to continue to attend by using zoom even if they can't attend in person for any reason.

The committee's main method of communicating with members is with emails. If you have provided us with an email address and are not getting emails, please email umas@dandenongu3a.org.au so that we can investigate and hopefully fix the problem. If you don't have email and don't yet have an email buddy to keep you informed, please ask a fellow course member who has email to call you and pass on the email information when they receive it so you can stay informed. Thank you to all the email buddies for helping us with maintaining communication with all members.

Jeanette Keane, President, Dandenong U3A

From the office:

The Office – Services

At the Dandenong U3A Office we provide the following services:

- Membership and Class Enrolments
- Updating Membership Details
- Processing Payments
- Creating Membership Badges
- Photocopying of Course Material

- Processing of Class Attendance Documents
- Receiving Class Absence Notifications
- Handling Enquires
- Making Available Hard Copies of Promotional Material and Course Timetables

Visiting the Office

The Dandenong U3A office is located at the Paddy O'Donoghue Centre (POD), 18 Buckley St, Noble Park. There is a free public car park behind the Centre at 3 Frank Street, Noble Park.

The Paddy O'Donoghue Centre (POD) is operated by the City of Greater Dandenong Council. At present, the council has decided to keep the Paddy O'Donoghue Centre closed to the general public. This means that if you wish to visit us at the Dandenong U3A office you will need to call us when arrive at the front door to gain access. The office number is : 9546-2996.

The current office hours are as follows :

Monday: 12:00pm – 2:00pm

Thursday: 9:30am – 3:00pm

Friday: 9:30am – 11:30am

Emergency Contact Details

We don't hold Emergency Contact details for a 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 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 admin@dandenongu3a.org.au. 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.

Office Volunteers - A Vote of Thanks

Once again, I would like acknowledge the invaluable assistance of our hard-working office volunteers:

- Claudia Cespedes
- Evelyn Beaucasin

Both are very conscientious, reliable, efficient and effective.

Alan Beale

Program report.

I would like to just say a huge thank you to Jeanette, Alan, Claudia and Dave Nassau and other committee members, for what they do as my job would not be as easy without them.

It has certainly been a lot easier since the classes have all settled into the venues allocated to them, especially finding new venues to replace the Uniting Church. Line Dancing moved to Gloria Pyke and seems to have settled, but have had to surrender the stadium on a few occasions for events booked at the stadium. Lorraine has overcome this with

alternative programs on those occasions. Thank you Lorraine for being adaptive. Lolita relocated to Paddy O'Donoghue hall, with a vacancy made by the Singing group moving into a smaller space there. Things just seemed to fall into place with the grateful thanks and assistance from the managers of the facilities in Andrea, Sheila and Christine, my wonder women and saviours, through diversity with all the COVID rules.

We are all looking forward to the new Hybrid classes that are coming together with Current Affairs setting the standard. Grant money is helping to purchase new equipment to enable this. Hopefully we will soon be set up to run some classes via Hybrid mode at Latham Crescent as well. For those who don't understand Hybrid classes, it entails some members of the class attending face to face as usual, along with other members that for many reasons are unable to attend the face to face, who join via the internet on Zoom. The setup allows them to see and hear the class and importantly, contribute.

Next Semester there will be a few minor changes to the timetable. Please check it out online or in this edition of the newsletter. One main change is that Clive is finishing up with his computer class on a Monday. We thank Clive very much for his many years of service and volunteering and welcome a new member to this class Vasant Shroff who will take over but will change the day and time to Tuesday afternoons 2-4 in the Dream room at Gloria Pyke. Welcome Vasant, who comes to us with wonderful credentials. Also, thanks to the South Eastern Volunteer Resource Centre for their assistance.

At the end of last semester, we also saw Shirley finish up her tutor position in Australian History and thank her for her many years of expertise. We then welcomed Jeff Woods to that position.

We finally managed to get the Karaoke up and going again with the determination of Romaine and the invaluable assistance of David Nassau.

The Singing group was kept going for a long time by June Crowley. Sadly she has passed away.

Thanks to Dorothea for putting in some hard work to revitalise this class. It is really heart-warming to see that we are able to fill gaps when vacancies occur.

While I am on thankyou's I would like to extend a huge thanks to all the COVID Marshalls who took up these positions so that classes could still run, during the difficult times with the rules of running classes continually changing during this time, would not have happened without you all. Thank You.

If you have ideas for other classes that we might include in our program, I would like to hear about your ideas. Having said that please have an idea of a person willing to run the class.

Keep safe everyone.

Raelene Curtis

AGM

AGM planning is currently under way by the Committee. It will be held on Thursday 1st September. The venue timing and related events will be advised to members by email. The formal notice will also be issued in accordance with the constitution, requiring:

(a) at least 21 days' notice of a general meeting if a special resolution is to be proposed at the meeting; or (b) at least 14 days' notice of a general meeting in any other case.

Class Updates

Computer

Dandenong U3A Computer Classes: Microsoft Word, Powerpoint Application, Powerpoint Application Extension, Computers - Beginners – BeConnected



U3A Dandenong Intermediate Computer courses

July 2021 to June 2022 / Tutors Clive Gould and Yvonne Toomey

Since July 2021 we have held Zoom classes throughout the Covid lockdowns until the Christmas break. In February 2022 we were able to re-start face-to-face classes in the Dream Room at Gloria Pyke Netball

Centre (GPNC). Generally all classes in this current financial year have been attended by an average of 10 U3A Dandenong members.

This last semester, February to June 2022, the intermediate computer course covered Microsoft Word and was based on the GCF Global tutorial. 9 of us have met up there each Monday at 1:15pm. As Yvonne has been unable to attend she had joined us via Zoom. Zoom has also allowed some class members to “attend” while they were poorly or unable to get to GPNC. Zoom is not the best teaching medium for practical classes where the student needs to use their own laptop and where the tutor can see their efforts and results. But it has served a purpose.

In my view this semester has been somewhat more productive with greater interaction between tutors and class members by being face to face. I have insisted on mask-wearing by everyone in the room. This has been on **my** insistence (not U3A Dandenong) as I cannot afford to take Covid home and I did not want to be responsible for any illness that may have been imposed on class members by any of us not wearing masks. With Covid, Flu and now Monkey Pox flying around in the community I see myself wearing a mask for some time to come.

I have decided to stop tutoring on 20th June after more than 20 years. In 2001 I retired from full time work and took up a weekly voluntary computer tutoring position at what was then called Age Concern in the

JUNE 2022

U.K. When I migrated to Australia in May 2011 I looked around to do the same thing here. I started at Mulgrave Neighbourhood House. Then, after a tip from a student there, was told that Dandenong U3A was looking for a computer tutor. I joined, if my memory is correct, February 2012.

This has been wonderful time for me, meeting the members and getting to know them. Seeing them develop their skills and them showing me their achievements. In 2020 I was awarded the Kevin McIntyre Award for my hard work and dedication to U3A Dandenong. However I didn’t look on it as hard work, it has been a pleasure to be able to contribute to the U3A using just a bit of the knowledge I had already acquired. My thanks go to all of those members who I have met over the years and especially Yvonne for her support and encouragement. I can’t name all of my class members but my thanks go to them for just turning up and being there.

A possible new computer tutor has volunteered and he is keen to start in July. I am sure from his more recent computer experience that he will bring with him more up-to-date knowledge and run courses on the technology with which I am less familiar. I wish him well and hope that he brings a fresh look at computer / iPad / smart phone courses, or whatever he wants to do, at U3A Dandenong.

I wish you all well and thank you U3A Dandenong for allowing me to indulge myself as a so-called “Computer Tutor”.

Clive Gould



*Thanks Clive for your many years of dedication.
The support you have provided to U3A
Dandenong has been a great example for all of
our members.*

Exercise

Dandenong U3A Computer Classes: Tai-Chi/ Qigong, Hiking, Cycling, Walking, Line Dancing

Cycling



Wednesday Cycling

Most of the group continued to cycle together through the Christmas holiday break. I have led the group on newly opened paths from Beaconsfield Station to Pakenham and return. That's a plus with the urban sprawl - Councils cater for us cyclists now with wider off-road paths.

Another plus with the new trains is having anchorage points for bikes in selected carriages. The new stations at Hallam and Merinda Park

display train times and departure platform number before one moves onto the platform.

Members enjoyed a tour of the Berwick and District Woodworking Group's new workshop on a ride to The Old Cheese Factory at Berwick. Another ride from Lynbrook took us to the Sandhurst Golf Club, Carrum Downs, for our morning tea break. The possibilities are endless once one knows how to link up the paths. No cycling on the roads!

Another new path is beside the recently opened Mordialloc Freeway. This links to the Dingley bypass path. See Photo Page(s)33.

Voula, at Kentro in Oakleigh, knows our group well and has memorised most member's coffee preferences. Before we even lock up our bikes she does a head count and brings out water glasses. How's that for service!

Tim Keane, photography class Tutor, has taken some group photos which were submitted to U3A Victoria as part of a competition.

The competition was to show members actively enjoying themselves as a group. As yet, winning entries have not been announced. The first photo (see Photo Page(s)33) was taken at a pedestrian walkway under the new Mordialloc Freeway. The artwork is outstanding, as is the photo. Let's hope this photo is part of Network's advertising.

Our group is a very happy one, and new members are most welcome.

eBikes are very popular and help keep ageing members cycling and enjoying the company of like minded people. Advice and assistance gladly given.

Marge Angelucci

Friday Cycling

Removal of most Covid restrictions have allowed the Friday rides to return to some semblance of normality. Hence the group can resume its relentless pursuit of the perfect mid-ride coffee break!

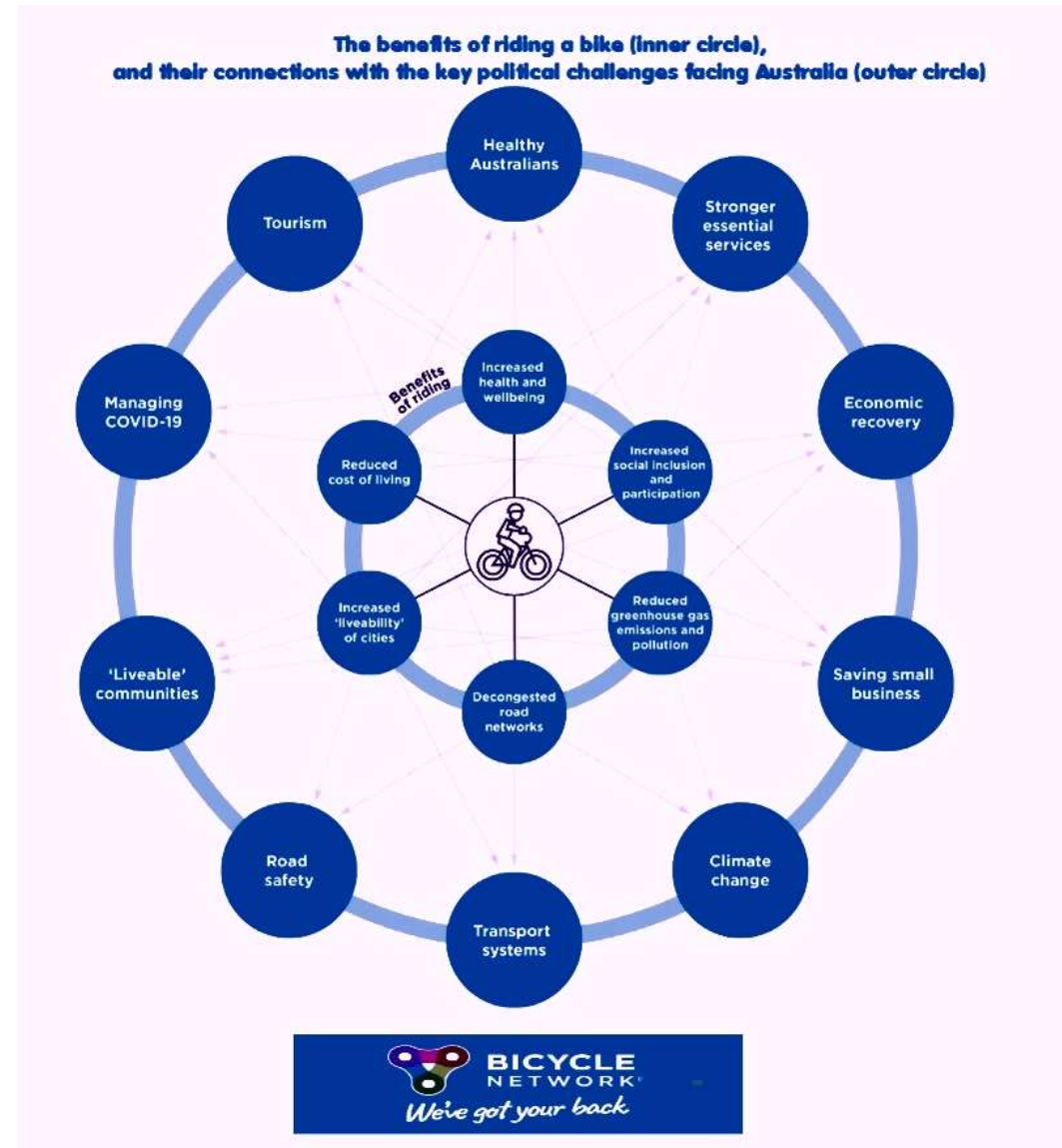
Rides have mostly started at Tirhatuan Park in North Dandenong which gives easy access to the extensive bike path network. Rides often include quiet residential back streets to add variety to rides or provide an alternative linking of bike paths.

On two occasions, rides have involved a car trip of an hour or less to the ride starting point. These have included the popular Warbuton 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 and stopping at the Point Lonsdale lighthouse to view the entrance to Port Philip bay. Another popular ride during the term was a ride to Upper Ferntree Gully station to catch a train to Belgrave, ride back down the bike path to Upper Ferntree Gully and then back to Tirhatuan Park. Of course, the mandatory coffee stop at Belgrave was included!

A suggestion was raised to do a ride along the Great Victorian Rail Trail in March or April which included an overnight stay at Alexandra. However this period included Easter and school holidays which made accommodation problematic and the inability to find a mutually convenient time prevented its scheduling. This is being considered as a possible ride in late November/early December.

More members are of course always welcome. 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



Line Dancing



Wednesdays 10 am - 12 noon, GPNC, Dandenong.

We seem to be back to normal only better. The stadium allows PLENTY of social distancing easy parking and clean facilities.

Whilst I was absent due to a successful operation to help my breathlessness, the dancers took up the challenge and took the class mastering the sound system and Ipad and tested their memories for the choreography. Thank you to Helen, Jenny, and Melissa for stepping up.

Thank you to Evelyn who gets there early every week as she is our Covid Marshall, marks the roll and is my very efficient email buddy.

Due to the success of the above mentioned it has been decided to continue holding a class on the second Wednesday each month (when I am unable to attend) so Line Dancing is now on EVERY WEDNESDAY MORNING.

Because the class can manage on their own it means I can take beginners (and those struggling to get the choreography) aside to give individual attention. I do enjoy teaching beginners, those with two Left feet and those who don't understand the counting rhythm.

Lorraine Bishop

Hiking Group



With our 11 members of the Hike Group since the end of COVID restrictions we have managed five hikes with an average attendance of 5 per hike.

To finish 2021, 10 members had an enjoyable trip on 30 November to Olinda R.J Hamer Forest and Arboretum along with the Rhododendron Garden (although some struggled a bit with the hills and heat). As this

turned out to be a hot day for hiking the hike was shortened to about 5km somewhat to cater for the needs of the group. Lunch was had at the Rhododendron Garden Café.

Our day of the hike was changed to the beginning of each month which saw our next hike in February, another hot day 5 of us ventured to Frankston and hiked along the Lower Saltwater Creek trail to the beach. A coffee stop at a van on the foreshore car park was followed by a leisurely stroll along the Frankston pier a paddle in the water and then return along the Saltwater Creek trail on the other side of the creek. Followed by lunch in a café in a back street of Frankston South. In all we hike about 7km. in 3 hours on very easy terrain.

March took a group of 6 people to Coolart Wetlands in Somers then along the foreshore of Western Port Bay to lunch at the local General Store taking in the Koala Park. We saw just one koala in the park on our way back to the cars that were left at the Coolart Homestead. Again, just a short flat terrain hike of about 5km.

April saw a much more challenging distance hiking through Wrights Reserve from Gembrook to Emerald Lake, some of it following the Puffing Billy tracks, and back with a lot more of the bush, with some ups and downs. There was just a small group of 4 of us, and it was heard said that this was more like a real hike. We covered a distance of around 8 km. Lunch was at Emerald Lake and no café as it wasn't open on Tuesdays. Not to miss out though, afternoon coffee at Emerald bakery on the way home. Some members also mentioned that they had never been on Puffing Billy as we saw the train at Emerald Lake.

JUNE 2022

May was another hilly challenge but easily achieved by all 5 of us. We met at Churchill Park, venturing up to the Trig Point. The Trig is actually in Lysterfield Park. First thought was that we had lunch at the Trig but as we made good time, we were a little early for lunch and the wind up there was not an enjoyable place to picnic, even though the views were grand. We decided to venture down the spur to a lovely little lake with a seat to eat. Then back up the spur for the hike back to the cars. In all hiked about 7km.

June hike is being planned as an Urban hike to Templestowe, Westerfolds Park with another 7km circuit hike along the Yarra River to Wombat corner, Finns Reserve.

If anyone feels that they would enjoy a good walk with great company, sign up for this group. We could do with some more male participation.

Raelene Curtis

Exercise class

After an on and off long hiatus from COVID our exercise class has found its feet again. We started with great enthusiasm, we even enjoy doing it outdoor on good days.

We alternate using weights, balls and resistance bands. We challenge our strength, mobility, flexibility's and some brain exercises for coordination.

We were not able to escape having COVID-19 cases in our class including myself, was met with caution reminding ourselves to look after each other.

We are hoping the next semester will continue to give us good fun but most important good health to enjoy what the class has to offer.

Lolita Briones

Tai chi

The Tai chi class finally settled at a better location at PDO main hall. Raelene the course coordinator did not give up in finding a new place for us. We thank her for all her effort. Now we have enough space and better access. Although we lost a lot of our old members for different reasons we must welcome our new members. They have the same determination and enthusiasm to learn Tai chi and enjoy its benefits each week.

The class is not purely Tai chi, it's a mix of challenging our balance pressure points to improve our circulation, breathing exercises, lots of warming up and the healing benefits of Qigong.

Tai chi comes in so many forms, this semester we familiarise the class with what suits Seniors and beginners. One obvious obstacle is remembering each movement. Even professionals take years before they become masters. This is not a good reason though for us not to look forward for the next semester, to learn more and enjoy Tai chi.

Lolita Briones



Games

Dandenong U3A Games Classes: Mah-jong, scrabble, RummiKup

RUMMiKUP

For those who have not played RummiKup before, it's a tile-based game for 2 – 4 players combining elements of the card game Rummy and Mahjong. It's a game where focus is important. It requires your full attention and asks you to continuously think of rearranging and adding to the tiles on the table.

However, no matter how good you are at reorganising the board to suit your tiles, the game still depends on your luck at getting the right tiles.

RummiKup helps the brain in the processing of complex thought processes and also helps in the formation of memory.

We are a small group of very friendly, welcoming people. I didn't know how to play the game when I first started, and some of the others who joined had to be taught the rules of the game. It's a great thrill for us beginners to win against the more experienced members of our group.

We'd love to see more members join us. Give it a go even if you can't come every Thursday afternoon due to other commitments.

Gill Sladen



History

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

Historical Battles

The American Civil war began in 1861 and finished in 1865. It started off with a desire of the Southern States for independence. 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 cheap labour slaves.

It has been claimed that the central cause of the war was the status of slavery, especially the expansion of slavery into territories acquired as a result of the Louisiana Purchase and the Mexican–American War.

As these lands were organized into states, the issue of slavery became a matter of contention and heated debate in Congress. North and South had diverging views. Southern states wanted to continue the institution of slavery while the North was strongly opposed to it.

On the eve of the Civil War in 1860, four million of the 32 million Americans (~13%) were enslaved black people, almost all in the South.

An increased import tariff which heavily favoured the Northern (Manufacturing) states at the expense of the Southern (Agricultural) states, who imported most of their manufactured goods, became the straw that was too heavy to bear and seven Southern states seceded from the Union.

The secession of South Carolina was followed by the secession of six more states—Mississippi, Florida, Alabama, Georgia, Louisiana, and Texas—and the threat of secession by four more—Virginia, Arkansas, Tennessee, and North Carolina. These eleven states eventually formed the Confederate States of America.

Initially the war was only considered a punch up and would be over within a day or so. 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 (Battle of First Manassas), so confident that this battle would be just a quick victory by the union forces that people came out to watch the show with their lady friends and picnic lunch, that was in July 1861.

From then on, until Lee surrendered to Grant, at Appomattox on April 9th 1865, this war had cost the American people over 1,030,000 casualties (3 percent of the population), including about 750,000 soldier deaths—two-thirds by disease—and 50,000 civilians.

During our class meetings so far this year we have looked in detail at the following battles:

Battle of First Manassas	Battle of Wilson's Creek	Battle of Belmont	Battle of Balls Bluff
Battle of Mill Springs	Battle of Fort Henry	Battle of Fort Donelson	Battle of Island No. 10
Battle of Pea Ridge	Battle of Hampton Roads	Battle of New Bern	Battle of Glorieta Pass
Siege of Yorktown	Road to Shiloh	Battle of Forts Jackson and St Philip capture of New Orleans	Siege of Corinth
Battle of Williamsburg	Battle of Drewry's Bluff		

The second half of the year will be split between my continuance of battles of the American Civil War and Richard Ryan who will look at other civilizations and their challenges.

David Nassau

Genealogy

The Genealogy class is a small group who are interested in tracing their family tree and finding out about their ancestors and their immigration to Australia. Lately we have been looking at old pictures of districts where ancestors have lived and watching Webinars and programs regarding the uses of DNA testing in finding ancestors. Other topics looked at is the role of teachers in the 19th century and early 20th century in regional areas. If you would like to find out more about your ancestors, you are very welcome to join our group on Mondays from 9.30-11.15 at the Gloria Pyke Centre Dream Room.

Gladys Williams

Hobbies

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

Drawing/Painting

Our group has seen a growth this year which is a welcoming time. Post COVID many are glad to return to draw, sketch or doodle and chat. We have had a few weeks with Pat Bradley bringing along a CD to listen to some calming music while we draw or paint. Our members undertake many different medium to create their art: from the humble graphite (grey lead) pencil with blenders, coloured pencils, pastels, felt tip pens, oil and acrylic paints. When the mood is not quite there, some even just use a colouring book and colour in. All medium of artwork is welcome so come and join us, even if you think you can't draw, you will be surprised. We all find it very therapeutic to create and chat a little (trying to solve the problems of the world) whilst being a little creative.

Raelene Curtis

Parchment and Paper Craft

The class has continued with limited numbers due to lack of parchment resources.

We have engaged in all types of paper crafts and have made embroidered cards, gift boxes, Iris Folding and Form-A-Line cards.

Hind Bruni

Drawing and painting is a great way to pass time during lockdown, so learning to draw has been invaluable.

A morning tea at a cafe is being planned for Wed. 17th Nov.

We hope to see you all well and safe in the new year.

Raelene Curtis

Gardening

The Gardening group has got off to a good start post Covid, in a new home and under new leadership.

We have vacated that wretched Church Hall in Dandenong and are now located in the Noble Park Girl Guides hall in Ross Reserve which is a very comfortable air conditioned / heated venue with ample parking in a lovely park setting.

After about six years as coordinator Dick Raymond has stood down and Miguel and Erika Belmar have taken over the managing role, with our original Garden Guru, Ivan, returning to look after the actual gardening side of things. Some might say it has taken three people to replace Dick. Ivan's knowledge of all matters gardening and his practical examples are a wonderful resource for the group to have on hand again, while Erica is getting used to using the "Clapper" to keep the troops in control when they get too excited.

While we have lost a few members due to whatever reasons, we have welcomed some very enthusiastic new members in Babes, Dorothea

and Cheryl. We are currently enjoying about 10 -12 members each week which is good but we would love a few more to join us.

We are all busily tending our plants and cuttings for our plant sale at this year's AGM. As we have been unable to hold our sale for the last couple of years we will have plenty of special bargains for all U3A members.

We thank Christine and Angelo for their hospitality in opening their lovely garden and their home for us in early May. Those who attended had a most enjoyable afternoon. We intend to hold more of these types of outings later in the year when the weather is more hospitable.

Finally, last year we lost one of our stalwarts in the lovely Vera Bennett and we offer Geoff and other family members our deepest sympathy.

Submitted by Dick Raymond on behalf of Miguel and Erika Belmar

Book Group

Our Book Group meets regularly on the second Thursday of each month. After meeting via Zoom during the latter part of 2021, this year we have, once again, been meeting in person at the Endeavour Hills library. At these meetings we return the book we have read over the previous month, share our opinions about it and borrow the book we will discuss at the next meeting.

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 to 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 In-person 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 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. 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.

So far this year we have read and discussed the following books :

“A Simpler Time” by Peter Fitzsimons

“The Children Act” by Ian McEwan

“The Uncommon Reader” by Alan Bennett

“The Book of Colours” by Cadwallader, Robyn

We are currently reading “Anxious People” by Fredrik Backman.

New members are very welcome. At the time of writing there are spare spots available. If you wish to join the group, please feel free to call me on 0407 097 347

Alan Beale

Knitting & Crochet



Knitting Natters and Happy Hookers (aka Knit & crochet)

Thursdays 12.30 pm, Dream Room, Gloria Pyke Netball Complex

Something different this semester! We'll be making Christmas decorations such as tree ornaments, stockings, and nativity scenes in either knitting or crochet.

If you can, bring your own pattern and if you need assistance we'll help you. This can use up small scraps of those fancy, glittery yarns.



Margaret Sheffield and Lorraine Bishop





Photography

It was good to have the photography class able to meet in person after the COVID restrictions were reduced. So, following some sessions on composition, we made the most of it with outings to Braeside Park,

Bunjil Place and just outside POD. We have been learning new skills in editing (Photoshopping) and have just moved to using more powerful and reliable software (Photoshop Elements).

This year, U3A Network invited us to enter a competition by submitting photos of U3A classes doing what they do, so some of us entered images from other classes as well as our own.

	
<p>Marie: An exercise using glasses and shadows</p>	<p>Tim: An outing to Braeside park</p>

	
<p>Cjeng: An exercise in cloning</p>	<p>David: An entry to U3A Network Photo competition</p>
	
<p>Tim: An entry to U3A Network Photo competition</p>	<p>Marie: An entry to U3A Network Photo competition</p>



Lester: Somewhere in Europe



Outing to Bunjil Place



Loretta: Water splash

Language

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

Spanish Conversations (Beginners)

Spanish Conversation class - Fridays 10 to 12

Hola mis amigos U3A. (Hello my U3A friends).

Estoy muy feliz de informar que la nueva clase de conversacion en espanol ha tenido un gran comienzo.

(I'm very happy to report that the new class Spanish Conversation is off to a great start).

Nuestra tutora es animada y nos mantiene alerta.

(Our tutor is lively and keeps us on our toes).

La regla número uno es solo hablar español en clase.

(Rule number one to ten is Only speak Spanish in class).

Somos una pequena familia que espera crecer mas a su debido tiempo.

(We are a small family hoping to grow larger in due course).

Nosotros nos divertimos mucho juntos.

(We have a lot of fun together).

Por que no te unes a nosotros?

(Why don't you join us?)

Dios te bendiga

Melissa Braganza

Spanish Language

This semester we were able to continue to explore the Spanish language.

However, it has been difficult due to Covid and flu affecting some of our members, forcing us to cancel a couple of sessions.

Grammar, spelling, and reading comprehension have been studied more deeply, emphasizing pronunciation, modulation, and intonation of the words.

We want to thank Gill Sladen, our Covid Marshall, who managed and followed all instructions and recommendations from the Health Department to ensure that all participants in our class were in a safe environment during a very challenging time. Thanks, Gill, for your great effort and responsibility.

Our thanks to Jacky Chedgey for being our Class Monitor, who opened the venue every Tuesday, managed the alarm, and helped prepare the class furniture with other members.

We appreciate all your voluntary assistance.

Thank you to all members of this class for their continuous assistance, effort, dedication, outstanding commitment, and enthusiasm in each session.

I wish all members a relaxing break.

Gloria Skalicka

JUNE 2022

Life

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

BEHAVIOURAL SCIENCE



We have spent the first semester looking at 18 interesting (and sometimes complicated) topics and relating them to Individuals, Family and Friendships, and Community Behaviours. These included Compliments and how we respond, Surnames and where they come from, Eating patterns, Clothes and uniforms, The Olympics and Driving requirements. Next semester we are setting out on one large topic: Lifespan Development. We will 'make it' with lots of discussion between the class members.

Thelma Paull

Current Affairs



Well the current affairs class has certainly had its ups and downs as it endeavours to embrace the zoom technology. It is rather amusing to note the various attempts to get it up and running. However, once it is working there is certainly an array of items which sometimes are drowned out by the zoom speakers and the physical class, however, there has certainly been some lively debates since the election and I am sure as the weeks proceed the legislation that Labor is going to push through, virtually without an active opposition and with a majority in the lower house will be meat on the bone for digestion, and the reality of the independents will certainly be tested.

Richard Ryan

Current Affairs / Zoom Class

The intention is that zoom is not a separate class – just a different way of attending.

We have previously reported our intention to hold “hybrid” classes with some people attending in person and others attending via zoom.

We have regularly had between 4 and 6 attendees using zoom each week.

JUNE 2022

There have been teething problems but we now seem to be running smoothly. A new quality microphone significantly added to the quality of sound leading to a successful class.

Teething problems include:

- **Lack of support to set up the equipment.**
We have had three regular attendees who are comfortable setting up the equipment – Ujjal, Tim & David. As Tim and David have been attending via zoom that left only Ujjal at classes. When Ujjal was unable to attend, there was no one. Thankfully Rikki volunteered. She does not have a technology background and has found it pretty challenging at times but she is to be commended for giving it a go. It really would be good if others in the class overcame their techno fears and gave it a go.
- **Microphone quality**
The first microphone was just adequate and then it totally failed. We were reimbursed in full and took time to check out the better quality microphones. The new Jabra mike works well but sometimes too well. On occasions, a class member will get animated on a subject and bang their fist on the table with thunderous results for those attending via zoom. It took a little education but the problem now seems to have been overcome.
- **Meeting chairmanship**
It has always been a challenge to ensure that attendees who ask to speak are taken in the correct order. It is even more difficult when some are in the room and others on the TV screen. To this end Rikki has again provided good support by continually monitoring the TV and alerting the chair when she views zoom requests to speak.

In spite of the teething issues the class is now running smoothly on most occasions. We had speakers from Monash University on the subject of Health Brain Ageing (see flyer on page 30). They used zoom as did several other attendees whilst the remainder attended in class. All went very well. This is encouraging as it is probably a lot easier to attract speakers when they can save travel time and speak to us in the comfort of their own home or office.

David Purdon

The Current Affairs class is informative, social and fun.

It meets the U3A expectation:

LIVE~LEARN~ENJOY

Effective Communication



The class has been going for some years now and most of the original members are still persevering. You may ask "What does an Effective Communications course actually do?" Well the short answer is,

"We communicate".

There are so many different ways to communicate and we indulge in most of them. There is impromptu speaking, prepared speeches or presentations, writing and reading poems and stories, debates, readings and even one act plays. Sometimes we just chat about what's on our minds, because that's communication too.



Is it fun? Oh yes, indeed it is! Do we learn? Ah yes, it's amazing what we learn every week.

I have to tell you though; this class is filled with the most amazing people. Sometimes I issue homework and ask for a paragraph or two to be written based on a common topic. Invariably everyone, in response, returns with 2-3 pages of the most fascinating writings. None of them

remotely the same, despite that they all started with the same challenge.

Do you know that many things we say today we actually owe to Shakespeare? For example:

Dead as a doornail

Wild goose chase

Heart of Gold

Set your teeth on edge

Lie low

Naked truth

Seen better days

Too much of a good thing

For goodness sake



There are many more. Here is a challenge for all of you. Perhaps you would like to write a story using all of those phrase and words?

To almost quote Mae West "Come up and see us sometime"

Judith Talanoa

DTM -Distinguished Toastmaster

Music

Dandenong U3A Music Classes: Singing, Karaoke

Singing

Our Singing group is going along quite well now that we are getting used to the new format without physical musicians.

The combination computer/TV music is a good alternative.

We can chose our songs from a long list and change this list when we are ready, so the system is very flexible.

Should there be a musician out there happy to commit to Friday mornings that would still be much appreciated.

We are at the Paddy O'Donoghue Centre on Friday mornings.

Everyone is welcome to come and check it out. There is nothing like singing in a group to lift your spirits!

Dorothea Kassell

Karaoke

After a few false starts last year, it was a relief to finally get Karaoke up and running this year. Of course, it was a huge learning curve for me and the rest of the group, as none of us had any knowledge of running the specific computer program, setting up of the various audio

equipment etc., needed. Thanks to David Nassau for the assistance rendered in this regard.

The good thing about Karaoke is that you do not have to remember steps, sequences and routines, as in any dancing, remember things learnt at class and do home work, as with learning languages and even computers. All you have to do is show up on a Friday afternoon, between 12.30 - 2.30pm, at Paddy O'Donoghue Room 6 and just SING & ENJOY YOURSELF!!! WHAT COULD BE SIMPLER???

You do not have to be an exceptional singer - none of us are. We have no grand illusions of winning "The Voice." All we do is exercise our vocal chords, while having a good time singing our "old favourites" that we all grew up with and loved. We are also a small group, not singing in front of a large public audience or arena - so we are free to try, make mistakes and vow to do better next time.

We still have 3 - 4 vacant places in the group for the new Term and I ask any members out there to "give it a go." You never know how good you could be or how much you could enjoy it, unless you try it.

Looking forward to seeing a few new faces in the new Term, who could surprise themselves and us.

Romaine Siriwardene

Members

Vale

Sadly, we have lost some of our U3A friends and some have lost cherished members of their family. To everyone who has recently suffered the loss of a loved one, we express our sincere sympathy.

U3A Dandenong News was advised that Louise Wood and June Crowley had recently passed away. Both were very significant contributors to U3A. They will be missed.



Editorial



This is my eighth (and final) edition as news editor. I have moved to Knox. I will continue to be a member of U3A Dandenong but with more limited involvement – restricted to the Friday bike rides.

Over time, I have made changes to the format and content of the newsletter.

Change can be scary and difficult, but it is often a good thing and can be so worth it. While not all change feels good, if we can handle it and look at it in the right light, growth as well as good outcomes can come from accepting change.

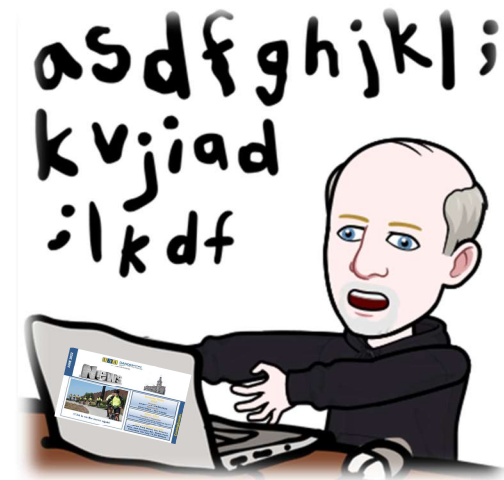
It is often hard for Committees to enlist support from others. I do encourage members to consider taking the newsletter role and making it their own. Remember:

“If you don’t like something change it; if you can’t change it, change the way you think about it.”

Here’s to the next change



David Purdon, News Editor



Office Volunteers Needed

We are seeking extra volunteers to work in our U3A office.

This is a great way for you to contribute to your U3A, which is dependent on volunteers to operate successfully.

Office volunteers usually work a 2-3 hour shift once a week over a Semester.

Familiarity with personal computers is an advantage, as is a clear speaking voice for communicating with members, both on the phone and at the office.

Both males and females are most welcome.

All necessary training will be provided.

Phone Alan Beale on 0407 097 347 if you can help.

Dance Up Australia / Chinese

Dance Up! Australia *Chinese*

Dance Up! Australia runs free cultural dance lessons for the community. Dance Up - will be starting Chinese dance lessons in June on Thursday afternoons, They would love for U3A Dandenong members to join.

If you want to attend please contact Adele Claasz from SMRC
P: 0411 675 041 | E: adelec@smrc.org.au



Want to know more or
register your interest
to join our classes?
Contact Angela on
0407 548 372 or
angelan@smrc.org.au

Southern Migrant & Refugee Centre,
39 Clow Street Dandenong
ph: 9767 1900

www.smrc.org.au

Dance Up! Australia provides a wonderful opportunity to join in learning cultural dances, meet new friends and enjoy the benefits of movement and dance.

Dance Up! Australia is conducted in 10 week terms to learn a new cultural dance.

The dance classes compliment the positive mental health of participants through regular involvement in dance for the purpose of keeping socially active, fit & healthy.

Term 17: CHINESE FAN DANCE

Dates: 2nd June – 4th August 2022

Time: Weekly, Thursday 12:30p.m. – 2p.m. for 10 weeks.

Location: Hallam Recreation Reserve Hall,
118-126 Frawley Rd, Hallam, 3803.

Dance Style: Chinese Fan Dance.

Cost: FREE

Who: Dance Up! Australia is open to all ages, all abilities, all migrant cultures.

Go to <https://smrc.org.au/dance-up-australia/>



SMRC wish to acknowledge the support of Department of Health – Driving Social Inclusion through Sport and Physical Activity.



Southern Migrant & Refugee Centre

— Explore the world of dance —

Healthy Brain Ageing

Ages are now
restricted
to ages:

- 67
- 68
- 70 (males only)
- 74
- 75
- 77



HOW DOES YOUR BRAIN AGE?

RECEIVE A \$100 COLES-MYER VOUCHER TO PARTICIPATE IN OUR BRAIN IMAGING STUDY!

By looking at patterns of brain activity in different groups of people, we hope to gain a better understanding of how to keep the brain healthy and active for longer.

Duration: 3 sessions (1 online, 2 in-person)

Location: Monash Biomedical Imaging (Just over the road from Monash Clayton Campus).

If you are:
65 - 80 years old
 Right-handed
 Have no history of psychiatric illness

Then you can register or find out more:
 go to bit.ly/metconn OR
 Email us at:
cogneurolab@monash.edu

This research has been reviewed by the Monash University Human Research Ethics Committee





SCAN ME

Course Timetable / Semester 2 - 07/02/2022 – 24/06/2022

Day	TIME IN	TIME OUT	SUBJECT	Room	Venue	Tutor	Assistant
Monday	9:00	10:00	Exercise Class		LCC	Lolita Briones	Evelyn B
	9:30	11:30	Genealogy	Dream	GPNS	Gladys Williams	
	10:30	11:30	Tai Chi / Qigong		POD	Lolita Briones	Evelyn B
	11:00	1:00	Historical Battles		LCC	David Nassau	
	12:00	1:45	Italian Language	4	POD	Ivano Gnoco	
	12:00	1:45	Italian Intermediate/Advanced		online	Rita Romano	
	2:00	4:00	Australian History		LCC	Jeff Woods	David N
Tuesday	9:30	11:30	Current Affairs	Dream	GPNS/on line	Richard Ryan	Rikki D.
	10:00	12:00	Spanish Language		LCC	Gloria Skalicka	
	10:00	2:00	Hiking 1st Tues- monthly		Various	Raelene Curtis	
	10:00	11:00	Computers - Power Point Application		Online	Alan Stevenson	
	1:00	3:00	Behavioural Science		LCC	Thelma Paull	
	10:30	12:30	Mahjong	Meeting	GPNS	Jan Ferguson	
	2:00	4:00	Computers intermediate - Win 10 Workshop	Dream	GPNS	Vasant Shroff	
	2:00	4:00	Scrabble	Meeting	GPNS	Els Harris	
Wednesday	8:30	12:30	Easy Rider Cycling		Various	Margaret Angelucci	
	9:00	11:00	Walking		ROSS	David Pateman	
	10:00	12:00	Drawing/Painting		LCC	Lorice Lellyett	Raelene
	10:00	12:30	Line Dancing		GPNS	Lorraine Bishop	Evelyn B
	10:30	11:10	French for Beginners		Online	Lap Lam (Lily)	
	12:30	1:50	French Intermediate/ French singing		Online	Lap Lam (Lily)	
	1:30	3:30	Effective Communication Course		LCC	Judith Talanoa	
Thursday	9:30	10:30	Exercise Class	Courts	GPNS	Rikki Davies	Evelyn B
	9:30	11:30	Gardening		GH	Miguel Belmar	Lina Liu
	9:30	11:30	Philosophy	Dream	GPNS	David Pateman	
	10:00	12:00	Photography / Photoshop	3	POD	Tim Keane	Cjeng
	1:00	2:00	Book Club/ 2nd Thursday - mthly		EHL	Alan Beale	Jeanette
	1:15	3:15	Computer - Be connected		POD	Vivienne Fernandes	
	12:30	2:30	Knitting & Crochet	Dream	GPNS	Lorraine Bishop	Judy Allan
	1:00	3:00	Rummikub	3	POD	Gill Staden	
Friday	8:30	12:00	Cycling		TIR	Craig Giddon	Jeanette
	10:00	12:00	Spanish Beginners Conversation	Dream	GPNS	Claudia Cespedes	
	10:00	12:00	Singing Group	Hall	POD	Dorothea Kassel (Acting)	
	12:30	2:00	Karaoke	6	POD	Romaine Siriwardene	Cordila Perumal
	2:00	4:00	Parchment / Paper Craft	Dream	GPNS	Hind Bruni	June Gaulbert

EHL - Endeavour Hills Library, 10 Raymond McMahon Blvd. Endeavour Hills

GH - Guide Hall, Memorial Drive, Noble Park

GPNS - Gloria Pyke Netball Stadium, Greaves Reserve, Bennet St, Dandenong West

LCC - Latham Crescent Centre

On line classes

POD - Paddy O'Donoghue, 18 Buckley St, Noble Park

Ross Reserve - Memorial Drive, Noble Park

TIR - Tirhatuan Park, Kriegal Way, Dandenong North

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
☎ 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)



Photos by Tim Keane



May Hike to Churchill Park/Trig Point Photos

Elizabeth, Dorothea, Elaine, Jean and Raelene.

