



**DANDENONG**  
UNIVERSITY OF THE THIRD AGE

U3A Dandenong Inc. ABN: 86 401 693 866

---



## **ANNUAL REPORT 2023**

**Address:**

**✉ Email /Office:**

**☎ Telephone:**

Paddy O'Donoghue Centre, 18 Buckley Street, Noble Park. 3174  
[enquiry@dandenongu3a.org.au](mailto:enquiry@dandenongu3a.org.au)  
03 9546 2997

## Contents

<b><i>Introduction / President's Report</i></b> .....	<b>3</b>
<b><i>U3A Dandenong – Profile</i></b> .....	<b>3</b>
<b>Vision &amp; Key Mission</b> .....	<b>4</b>
Our Vision .....	4
Our Key Mission .....	4
<b>Our Community Role</b> .....	<b>4</b>
<b>Our Committee</b> .....	<b>4</b>
<b>Committee Structure - 2023/2024</b> .....	<b>5</b>
<b><i>Operating Highlights</i></b> .....	<b>6</b>
<b><i>Strategic Highlights</i></b> .....	<b>7</b>
<b><i>Secretary</i></b> .....	<b>7</b>
<b><i>Financial Highlights</i></b> .....	<b>8</b>
<b>Financial Statements</b> .....	<b>8</b>
<b>Committee Reports</b> .....	<b>12</b>
The Office.....	12
Newsletter .....	12
UMAS Administration and Communications .....	12
Risk Management .....	13
Marketing/Publicity Report .....	13
Webmaster Annual Report: .....	14
Grants and Sponsorship.....	15
Program, Fundraising and Social.....	15
<b>Course Reports from the Tutors/ Course Coordinators</b> .....	<b>16</b>
<b>Looking Ahead</b> .....	<b>23</b>

## Introduction / President's Report

I am pleased to report to you the achievements and activities of 2022-2023. It has been another year of challenges and opportunities for our U3A and the committee has worked well together to maintain our program of courses and organise other additional activities whilst keeping our budget under control.

We still have our ongoing issue of needing a few more active members on the committee to spread the workload. This may be significant ongoing input or, ongoing small commitment (eg monitoring for possible grants) or significant short term (eg busy couple of times a year for a month -Bunnings sausage sizzle) The main thing we ask of potential committee members is that they come on board, we have a conversation to decide what tasks they would like to do and they commit to assisting by giving it a red hot go at the task.

I want to thank all our Committee, volunteers, Tutors/Course Coordinators and members for their continued support and positive feedback.

Jeanette Keane

President U3A Dandenong Inc

## U3A Dandenong – Profile

**Purpose** U3As are voluntary groups that provide educational, recreational and social programs. Each U3A is organised by and for people who can best be described as being active in retirement or semi-retirement, the third age of our lives. U3A Dandenong was established approximately 29 years ago for people in their third age who are in their senior years and are retired or semi-retired. We aim to provide opportunities to learn, teach, share and to give mutual support to each other in a friendly and warm environment, regardless of ethnicity, religion, ability or disability.

**U3A Activities** Our courses cover a wide range of interest areas, from academic to physical and artistic activities. Our members enjoy both the intellectual engagement and the social aspect of our courses. Please see our latest newsletter for further information.

**U3A Dandenong Membership /course attendance** U3A Dandenong has approximately 200 members and runs 35 classes per week with an average attendance rate of 64% of those enrolled in each course.

## Vision & Key Mission

### Our Vision

### Live, Learn, Enjoy

### Our Key Mission

To promote fitness in mind & body through participation in educational and health activities.

## Our Community Role

### **U3A's contribution to the Greater City of Dandenong's "Positive Ageing Strategy"**

We successfully deliver on many of the objectives outlined in Greater City of Dandenong's (CGD) document "Positive Ageing Strategy."

These objectives are:

- Increase in access to community facilities and resources by older people
- Increase participation and inclusion of older people in our local community
- Reduce ageism in our community
- Reduce loneliness and isolation in older people
- Support the social needs of older people
- Improve access to information for older people
- Raise digital knowledge, literacy and skills of our older residents
- Improve access to preventative health programs focused on older people
- Improve fitness in older people

## Our Committee

Our committee is led by the President, working closely with other Committee members. Each has their allocated role(s) and it is primarily their responsibility to fulfil the functions of the role, reporting back via the U3A Management Committee to:

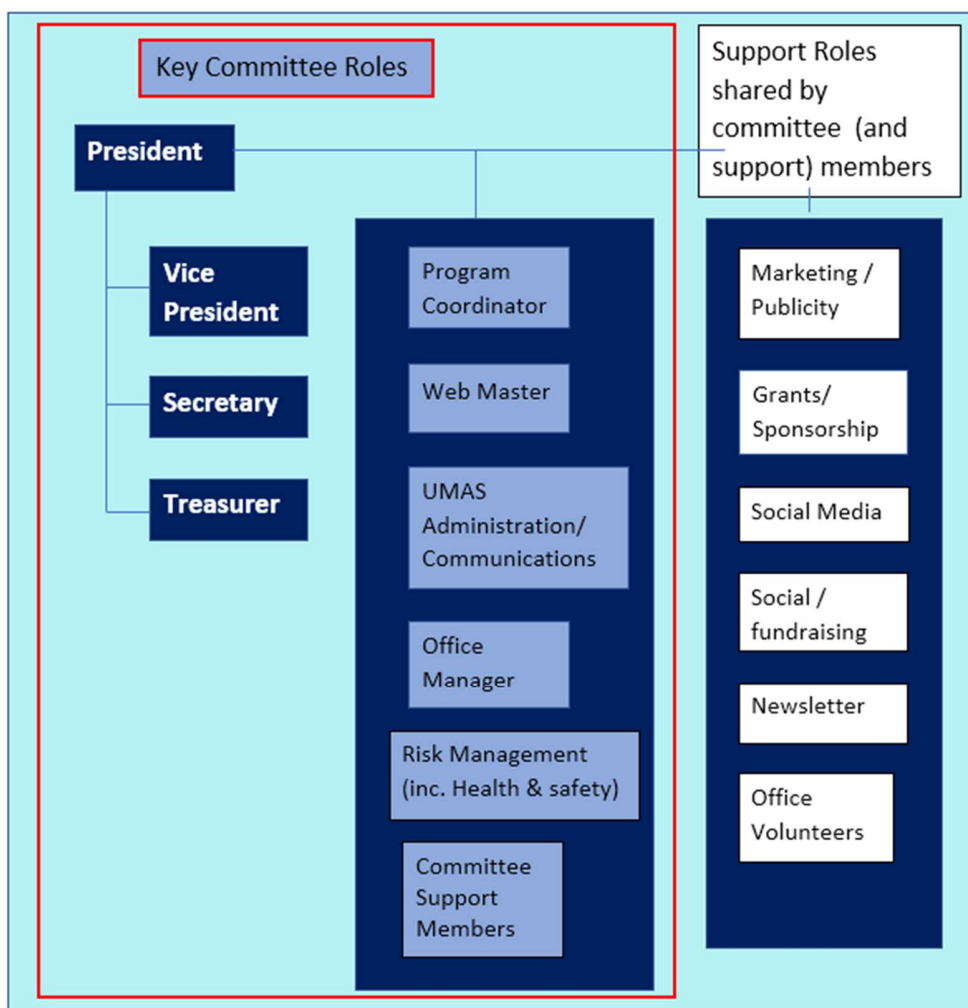
- Agree the annual scope and objectives of their role
- Provide status updates
- Request funding as appropriate to support annual objectives
- Request endorsement of activities that fall outside the previously agreed scope
- Inform of any matters that may pose a risk to U3A Dandenong and/or any matters that have already become an issue

## U3A Dandenong / Annual Report 2023

Each member of the Committee of Management (CoM) is expected to:

- actively participate in committee meetings
- support other committee members to manage Portfolios
- ensure that the needs of the members are being met
- be aware of and develop Policies, Procedures and Processes to provide Governance and support the work of U3A Dandenong and its members
- be an active participant in CoM activities
- Those members who are filling support roles need only attend meetings as required, additional participation welcome. This is to be agreed with the support member and the committee

### Committee Structure - 2023/2024



<b>Role</b>	<b>Contact emails</b>
President	president@dandenongu3a.org.au
Vice-President	vicepresident@dandenongu3a.org.au
Secretary	secretary@dandenongu3a.org.au
Treasurer	treasurer@dandenongu3a.org.au
Program Coordinator	program@dandenongu3a.org.au
Web master	webmaster@dandenongu3a.org.au
Office Manager	admin@dandenongu3a.org.au
UMAS Administration and Communications	umas@dandenongu3a.org.au
Risk Manager	healthandsafety@dandenongu3a.org.au
Committee Support roles	
	funding@dandenongu3a.org.au
	publicity@dandenongu3a.org.au
	social@dandenongu3a.org.au

## Operating Highlights

We have conducted/participated in a number of additional activities this past year.

There were a number of our activities advertised in Senior's Month in October 2022 which generated some interest from people outside our organisation and is a good marketing tool for us so we are planning to continue participating in Senior's month.

Also, in October 2022 U3A Network held a state conference at U3A Bendigo. I represented U3A Dandenong at this conference and got to meet in person with members from other U3A's and discuss issues that affect us. It seems we all have similar challenges and it was interesting to discuss these challenges and strategies to manage them.

In November 2022 we decided to use the Dandenong Show as a Marketing exercise – refer marketing report for details. The gardening group identified St Anthony's Fete as a good opportunity so sell their plants. If there are other local fetes which may be suitable, please let the committee know about them.

Volunteer expo in May – This was the first time the South East Volunteers had held this event so we weren't sure what to expect. We were allocated a table for only 2 volunteers to man. It was a good event as it provided an opportunity for our volunteers to network with other volunteer organisations. The event was to try to recruit more volunteers, but most people there were already heavily committed volunteers. It will be interesting to see if the event is held next year and what changes will be made by the organisers to make it more effective.

In the mid-year semester break we have had a training session called “Resuscitate a mate” presented by Life Saving Victoria. This was well attended and we enjoyed a lively interactive session. This session provided an introduction/refresher session of what to do when someone has collapsed and needs cpr. It was a great opportunity also for those who would not do a certificate first aid course as they are unable to do cpr, to learn what should happen so they can help in other ways in an emergency situation. We hope to make this an annual event.

There has also been a series of NBN/U3A Network zoom sessions on how to stay safe on line which have been very informative for those who have been able to attend.

Jeanette Keane  
President U3A Dandenong Inc

## Strategic Highlights

The review of our Strategy document is conducted annually. This is an opportunity for the committee to review what we have done well over the past year and identify what issues we have that still need to be resolved.

The committee continues to review our committee roles, update key documentation (eg Members manual, Health and safety policy, Constitution and By Laws), look for marketing and grants opportunities, conduct fundraising and have additional social activities for members to enjoy. Other activities that need more work is new member welcome and sourcing member feedback.

Jeanette Keane  
President U3A Dandenong Inc

## Secretary

Since there were no volunteers for the role of secretary, the role secretary has been performed by Jeanette Keane. The Secretary role is vital to the operation of U3A Dandenong and is supported by the UMAS Administration and Communications role. It would be great to have a secretary to support the President.

The main duties of the secretary include

Organising the committee meetings – agenda, taking minutes and issuing  
AGM/governance - Preparing the Annual Report, At AGM -taking minutes and issuing, Reporting to ACNC and being the CAV contact.

Working with UMAS Administration and Communication to maintain membership database and communication to members.

Jeanette Keane  
Secretary U3A Dandenong Inc



## Financial Highlights

The financial position remains good as we continue to have a small surplus for the 22-23 financial year. With interest rates rising we continue to monitor our term deposit and have put some more money into another term deposit. It is important that we look after these funds to make sure we can cover any increases in costs of running our activities during the coming year. This year we finalised the spending of the grant money secured to upgrade some of our computer and associated equipment.

Our annual budget for FY23 - 24 is based on maintaining the membership fees at the current rates and having more successful Bunnings sausage sizzle fund raisers, so the assistance of those who volunteer to assist is much appreciated.

Claudia Cespedes

Treasurer U3A Dandenong Inc

## Financial Statements

The financial statements in this report have been approved by the Committee of Management at their July 2023 meeting and signed by the President, Jeanette Keane and the Treasurer, Claudia Cespedes:

- Profit & Loss Statement
- Cash & Bank Balance
- Annual Budget – Financial Year 2023/4





### AGM, Financial Report: 1st July 2022 to 30 June 2023

#### Profit and Loss Statement

Financial Years ended	Jun-22	Jun-23
Opening Balance	\$ 32,500.82	\$ 20,117.38
Members Fee	\$ 7,636.09	\$ 13,844.84
GST Refund	\$ 687.00	\$ 1,623.00
Donation	\$ 370.80	\$ 91.10
Fund Raising Activities	\$ 1,404.60	\$ -
Grants	\$ 1,800.00	
Interest received	\$ 3.01	\$ 248.00
Other	\$ 20.00	
Refunded Venue Hire/other		\$ 537.00
<b>Sub total</b>	<b>\$ 11,901.50</b>	<b>\$ 16,363.94</b>
<b>Expenses</b>		
Venue Hire	\$ 4,262.50	\$ 8,504.00
Communication	\$ 824.97	\$ 888.75
Advertising / Marketing		
Capitation fee U3A Network	\$ 328.00	\$ 320.00
Class Materials / Training	\$ 309.85	\$ 403.68
One Music Australia (Apra)		\$ 243.99
Tea Coffee	\$ 310.89	\$ 60.60
Miscellaneous	\$ 261.78	\$ 223.75
Photocopier and other equipment	\$ 2,385.72	\$ 2,277.56
Post Office Box Renewal	\$ 216.00	\$ 229.00
Annual Lunch tutors / committee		\$ 955.05
Fund Raising Activity prep.		\$ 207.90
<b>Sub Total</b>	<b>\$ 8899.71</b>	<b>\$ 14314.28</b>
<b>Income Less Expenses</b>	<b>\$ 3001.79</b>	<b>\$ 2049.66</b>



<b>Cash and Bank Balance as of 30 June 2023</b>
-------------------------------------------------

Financial Year ended	Jun-22	Jun-2
<b>TOTAL EQUITY (Less Liabilities Represented By:</b>	<b>\$73,426.45</b>	<b>\$ 76,582.07</b>
<b>CURRENT ASSETS</b>		
Bendigo Bank, Cheque Account	\$ 34,112.59	\$ 20,117.38
Bendigo Bank, Term Deposit 309	\$ 40,069.76	\$ 40,314.37
Bendigo Bank, Term Deposit 513		\$ 15,000.00
Bendigo Bank, Debit Card	\$ 473.61	\$ 514.03
PayPal	\$ 304.10	\$ 550.32
Petty Cash	\$ 126.39	\$ 85.97
<b>TOTAL ASSETS</b>	<b>\$ 75,086.45</b>	<b>\$ 76,582.07</b>
<b>CURRENT LIABILITIES (Carried Forward)</b>		
Grants	\$ 1,660.00	

**Claudia Cespedes**  
Treasurer





<b>Annual Budget Financial Year 2023/24</b>
---------------------------------------------

Expenses	Income	Annual	Balance
Venue Hire			
\$9000.00	membership fees	\$ 12,600	
Communications	ATO - GST	\$ 500.00	
\$1000.00	Fund Raising activities & Donations	\$1,800.00	
Capitation fee - U3A Network	grants	\$ -	
\$ 350.00	Interest received	\$ 300	
Postage / Aust post /PO Box		-	
\$ 260.00			
Class Materials / Training			
\$ 500.00			
Photocopier and other equipment			
\$1000.00			
Miscellaneous			
\$ 600.00			
Social event subsidies			
\$ 1000.00			
One Music Australia (APRA)			
\$ 250.00			
<b>Total</b>		<u>\$15200.00</u>	-
<u>\$13870.00</u>			<u>\$1330.00</u>

Our Target each year is to be as close as possible to break even preferably with a slight increase in funds

**Claudia Cespedes**  
Treasurer

## Committee Reports

### The Office

Office functions include : assisting members to join, login, view available courses, enroll in their courses, and make payments using the UMAS software on the website. Often this was possible to do this over the phone. Where that option was not feasible, members were once again to visit the office in person to conduct U3A business. We also generate name tags, assist with reporting absence from class, class withdrawals, photocopying of course material, processing of class attendance sheets and handling general enquires.

We are continuing to take steps to further de-clutter the office and storage cupboard as both areas contain much equipment we no longer use so we are hoping to have an equipment sale sometime over the next year.

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

- Evelyn Beaucasin
- Babes Sevilla
- Claudia Cespedes

All are very conscientious, reliable, efficient and effective.

Alan Beale

Office Manager U3A Dandenong Inc

### Newsletter

The newsletter continues provide an update on class activity. We are trying to make the newsletter smaller and more frequent, but we are still working on determining the best frequency.

Our newsletter is published as a pdf document and emailed to all members who have an email address. Some printed copies are also produced (courtesy of Gabrielle Williams, State MP for Dandenong)

Angela Enache

Newsletter U3A Dandenong Inc



### UMAS Administration and Communications

UMAS is the system embedded in the web site. It is the system that U3A Dandenong uses to manage joining, membership details, enrolling in courses and sending emails to members. UMAS is continually being updated and improved by the team at U3A Network. As a UMAS administration this involves installing and understanding the impact of updates and communicating to key users any changes that will impact them. UMAS also provides an easy way to communicate with members by email. I have tried to strike the balance between drowning you in emails and keeping you informed of things you need to know and other information you might like to know. Hopefully I have been successful.

Jeanette Keane

UMAS Administration and communications Officer U3A Dandenong Inc

## Risk Management

The Risk Management role is to review all the risks associated with the operation of U3A Dandenong and encompasses the old role of Health and Safety. Members Health and safety is a significant part of the role as we want to reduce the risk of members being hurt or becoming ill as much as reasonably practicable. There are other risks that need to be considered and the Risk Manager provides assistance to the committee to evaluate, prioritise and plan how the risks to be managed. The risks are documented in the Risk Register which was reviewed and updated this year. This helps the committee check that they are doing the actions required to maintain successful operation of U3A Dandenong. Risks included in the Risk Register include being unable to secure a suitable venue for a course, Insufficient funds so that improvement projects cannot progress. Insufficient members volunteering to be committee members to enable U3A Dandenong to continue operation prompting the need to consider the feasibility of a merger with a neighbouring U3A.

Jeanette Keane

Risk Manager U3A Dandenong Inc

## Marketing/Publicity Report

This year we participated in the Seniors Festival by having some of our courses advertised in the Seniors Festival brochure and on their web site. As a result of this we had a number of visitors to our classes. Next year we will participate again, but the organisers are not producing a brochure and are only advertising on their web site and we are hoping to be able to advertise on the Dandenong Council web site Seniors Month activities.

We did get a small notice in the Dandenong news magazine and am continuing to try to get U3A Dandenong included on the Dandenong council web site.

We also had a stand at the Dandenong Show in November, thank you to those volunteers who assisted with this event. Although we were in quite a good location, the age demographic of those attending the show is younger than us, it was not very successful in raising our profile in the community. We are on the lookout for other events we can attend, focusing more on fetes where we can set up a stall to sell our handicrafts. If anyone is aware of a suitable fete/event we can attend please let the committee know. The gardening group managed to identify a local fete at St Anthony's and attended

This year we updated our flyers and got extra printed. The flyers are being placed in locations such as libraries to try to get the word out there that we exist.

U3A Network has a marketing group so assistance and ideas are available through this group to assist in this role.

Please can we have a volunteer to fill this role.

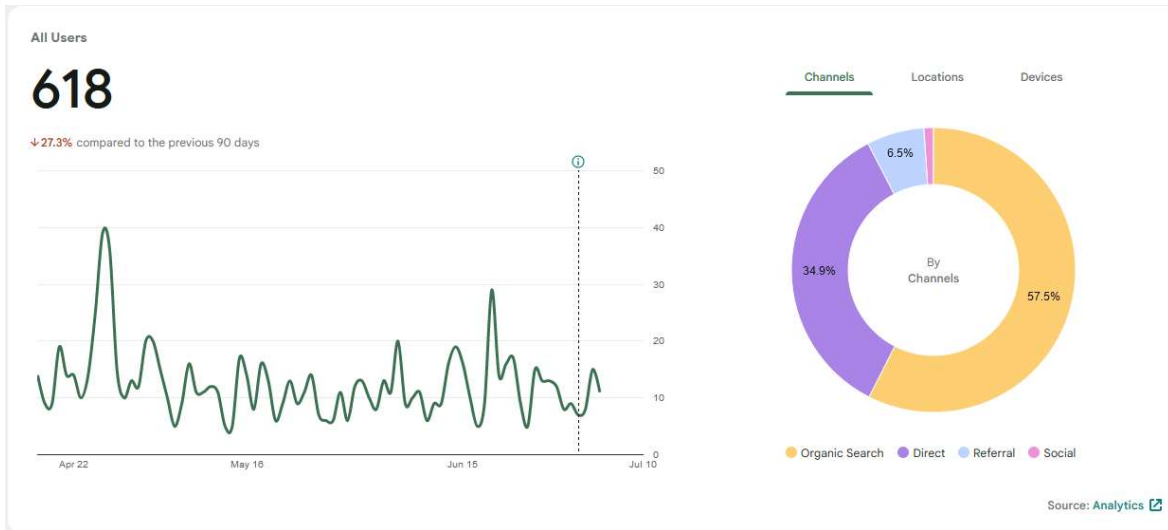
Marketing /Publicity U3A Dandenong Inc

## Webmaster Annual Report:

Google Analytics site kit which now enables us to monitor, at a high level, activity on our new web site. See following examples.

Overall activity on our web site such as what pages are most often viewed

Statistics from our web site for the last 90 days:



**See how your content is doing**  
 Keep track of your most popular pages and how people found them from Search

Top search queries for your site	Clicks	Impressions
1. u3a dandenong	214	271
2. u3a dandenong classes	28	35
3. u3a	15	469
4. u3a near me	6	24
5. dandenong u3a	5	6
6. university of the third age	5	380
7. third age university	2	64
8. u3a locations	2	26
9. u3a rowville	2	65
10. university of third age	2	87

Source: Search Console

Any suggestions of any additional content that you would like to be displayed, please contact me at [webmaster@dandenongu3a.org.au](mailto:webmaster@dandenongu3a.org.au)

David Nassau  
 Webmaster U3A Dandenong Inc

## Grants and Sponsorship

No opportunities or projects requiring grants and sponsorship presented themselves. Contact was made with 3 organisations for donations for our Bunnings Sausage sizzle 1 July. Woolworths (Parkmore, Keysborough) provided a \$30 Gift card used to purchase supplies for the event.

Contact was made with Lifesaving Victoria to conduct the Resuscitate a Mate session which they ran for us on 26 June at Paddy O'Donoghue at no cost for our organisation. The one-hour session was an introduction to first aid, mainly focussing on CPR and using a defibrillator. There were 42 attendees, and the session was well received. It would be worthwhile running another event next year should Lifesaving Victoria offer this program.

Margot and Raelene  
Committee Support - Grants and Sponsorship

## Program, Fundraising and Social

Might I open this report with a huge load of Thank Yous.

Firstly, to all the course Tutors and Coordinators for without you we would not have a U3A or classes to attend.

Secondly but by no means lesser, all the people who helped at the events, such as Sausage Sizzle where we made a healthy \$1300 to bolster our funds and keep membership fees down, the Dandenong Show and others.

Thirdly, to all the members who have supported events; wasn't the Christmas in July a great time to socialise during the cold winter break. These activities take a lot of work with few numbers so if you are able, please consider joining us as a helper on organising committees in the future, we are few but enthusiastic and would love to have more people to make it more enjoyable.

As for timetabling, which is my main job there hasn't been a lot of movement, most classes have remained the same. Having said that, I have heard whispers of some tutors tiring, so could all members please consider stepping up and assisting our very special tutors, so they don't burn out.

There are still some classes running on very low numbers, so please consider joining or promoting these classes to others.

I also notice that there are a lot of people signed up to classes that they do not attend, please be considerate; if you are not going to participate in these classes, please let us know so that we can take your name off the list so there is room for someone else. Especially, where the class is full.

I thank everyone for your support throughout this year.

Raelene  
Program Co-Ordinator

## Course Reports from the Tutors/ Course Coordinators

Tutors and Course coordinators were asked to submit a short report under the headings “Class Achievements”, “Class wish list” and “Looking ahead”. These reports have been summarised below.

### Ancient History

This class has attracted some new people and is very proactive. I do encourage the class to partake in the subject that is on the agenda in which they do. Because archaeology is an ongoing science, with items of the ancient productive civilizations being uncovered almost on a daily basis, I do encourage the use of modern technology to keep me updated on new discoveries so my notes are kept up to date.

### Australian History

#### 1. Achievements

- End of Year - Feedback Questionnaire enables me to
  - a) make an assessment of how well the delivery is received by the student and
  - b) to also assess how well I am performing with regard to the student expectations.

#### 2. Wish List :

- The Projector should be a permanently installed overhead Projector with associated controls for raising/lowering the screen. These controls to be housed in an enclosed lock-up cabinet for security. This facility will reduce set-up time at each of the courses.
- More class members to assist with generating a more active classroom discussion of the subject matter.

### Behavioural Science

Behavioural Science has met weekly on Tuesdays at Latham Crescent . We would love a few more regular attenders to add to the discussion and sharing of life observations and experiences. Come along and add to the knowledge!!!!

### Book Club

We meet monthly on a Thursday afternoon at the Endeavour Hill library and have enjoyed some entertaining and thought-provoking discussions on a wide range of topics including those raised in the book we have just read! We share a common love of reading and a willingness to express our opinions on the books and their authors. To keep it interesting, we read books belonging to variety of genres including the occasional non-fiction title. We are a small group so would love some more members.



### Windows 11 basics computer course

This was a well attended 5-week course covering the basics of the Windows 11 operating system. It was held in the Dream Room at Gloria Pyke Netball stadium. A pleasant venue with plenty of free parking.

Not perhaps the best title for this particular class as it was NOT a basic computer course but it was to cover the **basic functions** of the Windows 11 operating system. So we lost a couple of members who had wanted to learn the basics of “how to use a computer” when they realised that they had no idea what I was talking about.

But I think that those who stayed were able to gain some knowledge and enjoy the banter and learn some new information about whichever Microsoft operating system they were using. As usually happens, the gluten-free cupcakes at the end of the course seemed to be enjoyed by all who stayed. Perhaps I should start a cooking class (joke).

### Current Affairs (from a zoom and face to face perspective)

#### 1. Achievements

- This class has had its ups and downs over the year with the management of zoom, however once the system is running it can be productive. The group introduces up to date items that are the foundation of what is current affairs for wide ranging discussion.

#### 2. Wish list

- Unfortunately, the face-to-face atmosphere that did exist in which speakers were invited almost on a monthly basis no longer exists. We had only one speaker attend this semester (arranged by one our zoom attendees) which was for a presentation for the voice referendum Yes campaign. Next semester we would like members to find and suggest suitable guest speakers including one for the referendum No campaign.
- More members to promote more discussion and ideas for discussion topics

### Cycling – Wednesday and Friday

#### 1. Achievements

- Enjoyed riding to a variety of destinations.
- Enjoyed coffee and cake at a variety of café's
- Friendship.
- Support given for bicycle maintenance.

#### 2. Wish list.

- More participants.
- Less road work obstructions.

#### 3. Looking ahead

- Finding new cycling paths and café's.
- More country rides

### Drawing / Painting

An enjoyable year of social art has been had, with a lot of creativity and chatting along the way. We have a group of mixed medium artists, who love to discuss and help others with ideas and solutions for the piece of work that each member undertakes. There is a regular cohort of members and a few that are more casual, but all welcome and united with the love of Drawing, painting and creating. There is no actual formal class, just constructive discussions to assist each other with ideas.

### Effective Communication

This class is filled with the most amazing people. At last AGM we had enormous fun performing and are working very hard to back up with another performance at this year's AGM. 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.

### Exercise and Tai Chi

#### 1. Achievements

Related to our age group both classes try to achieve the objective of looking after ourselves by doing non intense, simple safe, effective, consistent exercises. We aim to improve strength balance, flexibility and joint mobility.

- Exercise – We do aerobics from warming up to cardiovascular conditioning, muscular strength workouts, cooling down and stretching at the end. We use hand weights, resistance bands and balls accompanied by music to lift our spirits and motivation. Also alternate/sequence exercises are good for the brain memory / coordination.
- Tai Chi/ Qigong – The benefits of these movements are endless. For this semester we focused on our balance and stability so we prevent having falls and other injuries. This class involves a lot of stretching because as we age our joints, muscles and ligaments become less flexible. The breathing exercises help us to relax and calm down our moods.

#### 2. Wish lists

- Regular attendance by members for benefits
- Continued motivation / stimulation to perform all exercises as members are able
- Good convenient storage for our exercise equipment.

#### 3. Looking Ahead

- We are looking ahead for better days to continue enjoying the benefits of what we are doing so we remain active and independent and of course we want to live longer with good health physically and mentally. We also love the social interaction among the members.
- Remembering everyone's names is a good exercise for our brain and repetitive squat exercises always a challenge.

### Exercise – Thursdays

#### 1. Achievements

- Gaining strength and fitness as we age
- Had loads of fun while getting fit
- Development of greater confidence in what we can achieve
- Being more confident in our bodies

#### 2. Wish list

- Set of at least 12 step platforms for step aerobics
- set of 2 and 3 kilos kettle bells

#### 3. Looking ahead

- Making fitness a lifestyle choice
- Keep on getting stronger and growing younger
- Aging gracefully

### Gardening

A very friendly group where everyone participates. We had a successful day at the St Anthony's fete last year selling our plants.

We are all busily tending our plants and cuttings

### Genealogy

Our group has conversations regarding problems or blocks in family trees and we look at sites such as Ancestry to see if they can help with them. We also look at Webcasts to give some pointers as to how to research family. Lately, we have been looking at Trove and other paper sites to see if there is anything of interest regarding family. We also have looked at the BDM site PROV and its uses and we have been told of visiting hours at the BDM. Our main problem is attendance. If we had more people, we could arrange to do more things like go on excursions.

### Hike Group

There is a great group of enthusiastic hikers in our group, but mostly women. We average 10 walkers on each hike. With a membership group of 15.

A great time has been had by our monthly on Tuesday hike group, having had 5 hikes up until July.

I wish to thank both Jeanette and Dorothea for running hikes in my absence this year.

**February** saw us at The Pines Flora and Fauna Reserve in Frankston, a great place to hike.

**March** We were to do a Sherbrooke Forest but due to unforeseen circumstance was cancelled.

**April** we ventured to Seaford/Frankston and took the Kananook Creek trail and return along the beach trail.

## U3A Dandenong / Annual Report 2023

**May** was run by Jeanette at Hastings foreshore

**June** was from The Dandenong Police Paddocks to Churchill Park thanks to Dorothea

**July** was a pleasant but short hike at Garfield North, Cannibal Hill, with morning tea at the top with great views.

Thank you, all participants, for making it so enjoyable.

### Historical Battles

Added during the rest of semester one:

Stuart's Ride Around McClellan

Battle of Oak Grove

Battle of Beaver Dam Creek

Battle of Gaines' Mill

Battle of Garnett's & Golding's Farms

Battle of Savage's Station

Battles of Glendale & White Oak Swamp

Battle of Malvern Hill part 1

Battle of Malvern Hill part 2

Battle of Malvern Hill combined

Vicksburg Naval Actions - "Mississippi Gunrunner"

Battle of Baton Rouge

Advance to Gordonsville

Battle of Cedar Mountain

We investigated the battles which constituted the Seven Days Battles which saved Richmond and thus continued the American Civil War for another three years ending with McClellan's withdrawal from the Peninsular campaign in the east. Our attention then turned to the west where Grant is taking control of the Mississippi and cutting the Confederacy in two.

The contest for the Western Theatre in 1862 was monumental in scope and importance. Containing an area of about 230,000 square miles—roughly the size of France—the Western Theatre extended from the Appalachian Mountains in the east to the Mississippi River in the west, and from the Ohio River in the north to the Gulf of Mexico in the south. Seven states— Kentucky, Tennessee, Georgia, Alabama, Mississippi, eastern Louisiana, and western Florida—lay within its boundaries. The region was vital to the Confederacy. Not only was it rich in human and agricultural resources, but it also contained the Confederacy's largest city (New Orleans, Louisiana), important ports (New Orleans and Mobile, Alabama), and critical industrial and railroad centres (Nashville and Chattanooga, Tennessee, and Atlanta, Georgia). Home to the mighty Mississippi River, towns such as Memphis, Tennessee; Vicksburg, Mississippi; and Port Hudson and Baton Rouge, Louisiana, controlled a water transportation system that was the lifeblood of both the South and the Midwest. Last but not least, the region served as the geographical bridge that linked the eastern Confederate states with the Trans-Mississippi West, home to the Confederate states of Arkansas, Texas, and western Louisiana, and to Missouri, which Southerners still hoped to seize. In short, the Confederacy could not survive unless it controlled the Western Theatre. Conversely, the Federal government could not prevail unless it conquered the region

### Knitting & Crochet (Class prefers to be named *Knitting Natters and Happy Hookers!*)

We've ten on the roll but there's always one away.  
 The Tradies and Doctors keep claiming our Thursday  
 Some are old pros and finish UFO's  
 While others who are learning, make cushions and throws.  
 Adapt to our limits as we age  
 And do what we can do, or learn something new.  
 Lorraine's seventy-seven and Margaret's eighty-seven,  
 We'll pass on our knowledge until we go to heaven.

1. Achievements
  - 2 new students learning crochet
  - Emotional support for those journeying through tough times
  - Encouragement to finish or adapt a 20-year project
  - Sharing our pooled advice and knowledge
  - Venue is good – warm in winter, cool in summer, ample parking
2. Wish List
  - More members
3. Looking Ahead
  - Seniors' month we'll again be open to the public for the month.

### Line Dancing

1. Class Achievements
  - We accept each other as we are no matter what their race, colour, creed or disability is all are most welcome
  - We enjoy moving to music each week and even singing can be heard.
  - Many are still learning the routines of the 20 plus dances
  - Average attendance of 20 although more than 40 on the roll
  - We gained 3 new members from last year's seniors month outreach.
2. Wish List
  - Assistance to add more music to my ipad
  - More to continue with the class (after they've learnt how to line dance ) to demonstrate and keep us on track when we've wandered as I am no longer able to stand and dance for a 3 minute song
  - Someone to take the class on the 2<sup>nd</sup> Wednesday each month as at the moment there is no class on this day
3. Looking Ahead
  - We'll again be open to the public for seniors month to gin new U3A Dandenong members.

### Rummy Kub

1. Class Achievements
  - Good for members of all ages
  - Fun, addictive and changing game
  - Assists people to work together and create social bonds
  - Helps the brain to maintain and grow cognitive associations
2. Class wish list
  - More members
  - Purchase 1 more Rummi Kub set
3. Looking Ahead
  - Continue to have fun and meet new people.

### Photography

This year the class has been building our knowledge and skills on many aspects of photography, including lots of camera techniques, editing (or post processing) our images at a basic and intermediate level, getting familiar with the many genres of photography as well as doing some study of established composition “rules”. We have also been having some fun exercises in learning to see, where we just go outside the building and do a “treasure hunt” by taking pictures of particular items such as numbers, autumn colours, shadows and reflections. This term we will be continuing with this journey as well as attending a photography print exhibition, and hope to have a few more outings away from the classroom.

### Scrabble

1. Achievements:
  - Using of language skills
  - Strategic thinking by placing words in order to maximize your score versus your opponent
  - Spending time in the company of other people
2. Looking ahead:
  - We would like to see a few more people joining us. Also we would appreciate it, if people who enrol for the Scrabble group actually turn up after enrolment.

### Singing

We are a group of enthusiastic singers  
 No special voices or levels required  
 If you love to sing to make you happy, come and join the group  
 We have about 10 members at present but would like more.  
 It would be great to have some male voices also.

## Spanish

This Semester our Spanish Advanced Spanish Class has enthusiastically continued improving conversational skills, grammar, reading comprehension, vocabulary and pronunciation.

Our progress is improved using various activities and challenging tasks.

The introduction of learning tools as a Brain Gym has been well received as we have much fun working through the exercises.

This Semester we also continued participating in cultural and social events, as essential part of our course design.

Thank you to all participants for their continuous commitment, dedication, sense of humour, collaboration and energy in making our class fun and engaging.

This Advance class is aimed at those who have some proficiency in conversing in Spanish, with knowledge of reading comprehension and grammar.

Homework is given to reinforce language skills covered in the class.

Next Semester we will continue enhancing our knowledge and skills by exploring history, geography, music, current affairs and historical figures in Spain and Central and South America.

## Spanish Beginners Conversation

We have a fun group and learning to converse in everyday Spanish (Colombian style!)

Occasionally we have gone to a Spanish restaurant and ordered using our recently learnt language skills.

## Looking Ahead

It is now time to look ahead and focus on:

- Engaging the membership to encourage them to either become
  - back up Tutors/Course Coordinators for existing courses or
  - to introduce new courses or
  - to fill the vacant committee roles
- to assist in being able to achieve Dandenong U3A objectives
  - Increasing the number of members
  - Obtaining grants and sponsorship
  - Welcoming visitors during the Seniors Festival to encourage new membership
  - Volunteering and/or providing displays for our stand at the Dandenong Show in November.
  - Supporting our members to increase their computer literacy and to learn how to use zoom if they are not already using it.



**Gabrielle Williams MP**  
STATE MEMBER FOR DANDENONG

Gabrielle Williams MP  
16 Princes Highway, Dandenong VIC 3175  
☎ 03 9793 2000  
✉ [gabrielle.williams@parliament.vic.gov.au](mailto:gabrielle.williams@parliament.vic.gov.au)

---

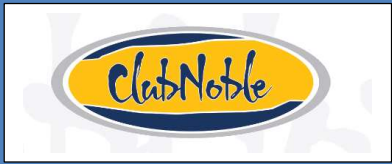
Gabrielle Williams is the Member of Parliament for the Dandenong electorate in the Victorian Parliament.

---

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



**U3A DANDENONG Inc.**  
proudly supported by:


**Dandenong & District Netball Association**  
Netball for all ages, abilities and experiences