

# Hollywood Musical Glamour at Nunawading

Around 80 U3A Nunawading members enjoyed a program of movie musicals and live dance performances in the Seniors Hall in May.

Our Social Committee and their helpers were dressed as Hollywood characters and the hall was decked out as an old style cinema.

During the first half of the show excerpts from *42nd Street*, *Top Hat* and *Singin' in the Rain* reminded the audience of just how marvellous the movie musicals of yesteryear really were. They just don't make Fred Astaires or Gene Kellys anymore!

After a break during which Graham Haynes and Barb Ryder gave a demonstration of rock'n'roll and afternoon tea was served, a group of dancers heavily disguised by their tinsel wigs, sparkly hats and dark glasses performed the Rocky Horror Time Warp Dance.

The final movie segment included a number of the hit songs from *South Pacific* and the fun and games of *Annie*, particularly featuring the wonderful Carol Burnett.

Many thanks go to Jenny Balshaw and the Social Committee for another great U3A Nunawading afternoon of entertainment. Special mentions go to Bev Clarke and her catering volunteers for the refreshments, Nick Pringle and his team for setting up and decorating the hall and, of course, to master of ceremonies Graham Haynes for his film presentation.



# Message from the President



National Volunteer Week was celebrated across Australia in May to acknowledge the contribution volunteers make to our society and to promote the health and wellbeing benefits of being a volunteer. As an organisation wholly run by volunteers, we are a perfect example of what can be achieved by members of the community stepping up to donate their time and skills to enhance the lives of other seniors.

As volunteers, we are rewarded by the enjoyment we get from engaging with others and keeping our minds and bodies active. This is particularly important once we leave the paid workforce.

According to Dr Thomas Nielsen from the University of Canberra, "Sustainable wellbeing comes not from money or consumerism, but from having meaningful happiness in our lives.

"We know that volunteering is not

just good for our physical health, but for our psychological and emotional health too."

So, on behalf of the whole membership, thank you to all of our Class Leaders, Office Volunteers, Committee Members and everyone else who contributes to the successful operation of U3A Nunawading.

## **Musical Movie Afternoon**

Thank you to the Social Committee and their additional volunteers for an afternoon of movie entertainment and live dance performances last month. Thanks also to Graham Haynes for sharing his love and knowledge of Hollywood movies. As you will see on the front page of the newsletter, a fun time was had by all.

## **Supper Dance Friday**

U3A Nunawading's Silver Grove Swing Band and Silver Bell Jazz Band hosted another successful Supper Dance on Friday 19 May at the Box Hill Town Hall. We are very lucky to have two such entertaining bands within our U3A and every time they perform, they attract an enthusiastic following. Please see page 9 for Supper Dance report.

## **New Community Hub**

Whitehorse Council has sent a Project Update to all stakeholders outlining progress and the activities scheduled for the remainder of 2017. These comprise stakeholder consultation, concept and detailed design development, expression

of interest for builder and contract documentation for consultation. It is still anticipated that the project will be completed by the end of 2019 and we will start operating from the new premises at the beginning of 2020.

## **New U3A Network President**

John Parker from U3A Baw Baw in Gippsland was elected as President of our state-wide organisation at their recent AGM and we wish him well in this important and demanding role.

Our own Vice President and Course Administrator Elsie Mutton stepped down after six years as President of Network, during which time she significantly raised the profile of U3A with governments at all levels. Elsie has taken on the role of Network Vice President to support John and the work Network does for all Victorian U3As. On behalf of U3A Nunawading, thank you Elsie, for the tremendous job you did as Network President.

## **New Editor**

Thank you to Raine Biancali for taking on the role of Newsletter Editor. Raine has had extensive experience in this field, particularly with the Burwood Bulletin. Thanks also to our new Proof-reader Liz Brown, who has volunteered her expertise.

*Live, Learn & Enjoy with U3A*

**Valerie Donlon**  
*President*

## **ANNUAL GENERAL MEETING**

**The 27th Annual General Meeting of U3A Nunawading Inc. will be held on:  
Wednesday 23 August 2017 at 11.00am  
at the Nunawading Seniors Centre, 22 Silver Grove, Nunawading 3131.**

**Members with an email address will receive their Notice of Meeting, a copy of the Agenda, a Nominations Form for Committee positions & other related documents via email by the end of July. Members without email will receive this information by post. Nomination Forms for Committee positions will be available from the front office or on our website [www.u3anunawading.com.au](http://www.u3anunawading.com.au) from Monday 24 July 2017.**

**Completed and signed forms must be received by the Secretary no later than Wednesday 16 August 2017.**

# Course Administrator's Report



## Apologies

As the cold weather moves in, a number of you will be off and travelling to warmer climates. Please don't forget to advise your Class Leader and the office you will be away, otherwise on your return you may find you have been removed from a class you were attending. Phone the

office on 9878 3898 or email [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au)

## Waitlists

If you know you are on a waitlist for a class and you no longer wish to attend this class, it would be most helpful if you notify the office. Recently places have become available in a number of classes and when we offered a place to a person on the waitlist they no longer wished to attend.

## Class information

Did you know that U3A Nunawading is offering 210 classes? Thank you to the Leaders who volunteer to share their subject of interest/expertise to the senior members of the community.

## Membership

Our membership is made up of 63 countries of origin with

the largest number coming from Australia, Malaysia, UK and China/Hong Kong. What a wonderfully diverse group we are.

## Stories

In your classes the Leader will have mentioned that we will be collecting your personal stories to put together a work reflecting our membership. Don't be shy in putting yourself forward to be interviewed. We need as many people as possible to make sure we capture who we are. You might like to tell us why you joined U3A, what impact has it had on your life or, if you are from another country, why/how you arrived here and why you joined U3A.

**Elsie Mutton**  
Course Administrator

## Returning Classes Term 3

### **17ART005 CHINESE CHARACTERS – Albert Ip**

**Tues 9.30–10.30 Location: Room 9**

This is a light, entertaining introduction to Chinese Characters. Chinese Characters are Pictographs. The relationship between the shape and the character will be explained. Participants are expected to purchase a set of water writing cloths and a Chinese brush, available from the Leader. The cost is \$15, payable to Leader at first class. The set consists of 6 cloths, one Chinese brush and a water dish.

### **17HUM008 EMOTIONAL FREEDOM TECHNIQUES – Colin Carter**

**Wed 9.30–11.15 Location: Room 5 [Note change of day]**

Learn the principles of EFT or simply "tapping". Learn how to bring down your stress, anxiety and anger levels by tapping on some acupuncture points and acknowledging the cause of your negative emotions. Learn how to observe your feelings and identify the specific cause of your stress that is fundamental to the success of the technique.

### **17HUM010 EFFECTIVE COMMUNICATION – Cheryl Barr**

**Fri 12.30–2.30 Location: Room 5**

This "hands on" course will give you more choices in the way you interact with friends and members of your community. Distinguish behaviours from judgements, determine who "really" owns the problem, identify "road blocks", use active listening skills, be assertive, manage emotions and tricky situations with confidence. [See article on page 10.]

### **17HUM015 Philosophy for Living – Wade Dickson**

**Tues 2.30 – 4.00 Location: MPR**

Wide-ranging course visiting wisdom teachings of Philosophers and Scientists from east and west that have evolved over millennia, then re-examine them in light of modern day science. This helps us understand who we really are, our evolving universe and our place in it. Giving us the knowledge and tools to help us to be peaceful, loving, compassionate, creative and healthy in mind and body.



# Release yourself

Meditation has been practised in India for thousands of years and a recent Harvard University study shows that a little meditation a day may lower blood pressure, cholesterol, the risk of heart disease and stroke; relieve stress, depression, insomnia, sleeplessness, anxiety; increase productivity, learning, happiness, well-being and inner peace!

Harry Tew has been attending U3A Nunawading's Carmen Bongailas-led meditation classes for seven years; Sushila joined soon after. "I used to meditate many years ago. I went to an Ashram in

Fitzroy," says Harry, "and then it was something I put on hold in my life; but when I retired I felt like I wanted to come back and do it again."

He continues, "it becomes part of your life and you look forward to it. It is very calming; it takes you to another plane." High praise indeed. Carmen, a Reiki Master and healer, strongly believes in the health benefits of her meditation modality whereby she peacefully leads the group in breathing exercises; then guides a meditation possibly by the sea, a mountaintop or waterfall or a swim with dolphins.

Thirty years ago, someone suggested that Carmen try meditation; she did, and found herself in Michelangelo's Sistine chapel!

So what are you waiting for? You may not meet any past master painters, but you'll learn how to 'let go' while still being in control of yourself and your life.

Secure your place by booking at Reception or via the website: Meditation: Room 5 on Wednesdays from 11:30 to 1pm [17EXEM05].

## Cooking Made Easy



The 'Cooking Made Easy' demonstration group was obviously a very happy one as the photo shows. Sadly, however, the class (which had a wait list) has now been cancelled as Leader Vivian Tang has accepted full-time employment.

Vivian said she loved sharing her healthy (and easy) low sugar/fat recipes with everyone and that the class always had fun while improving cooking skills. I am sure all her class members wish Vivian the very best of luck for the future.

# U3A Nunawading Inc.

## Computer Class Descriptions Term 3, 2017

17 July to 22 September (10 weeks)

Please note that a fee of \$20.00 is levied on some classes – payable prior to commencing the class

Our Computer Leaders are again presenting a wide variety of courses this term, from Keeping Up to Date With Your Computer, Travelling with an iPad, Getting More out of your iPad (iPad Intermediate) to Intermediate Genealogy Using Your Computer, as well as the very popular two-hour Free sessions covering Passwords, Clouds, On-Line Safety and the National Broadband Network (NBN).

Having to postpone Graeme Hilson's What's New in Windows 10 courses at the beginning of Term 2 was disappointing for us all, however, we were very pleased to welcome Graeme back from illness in time for him to complete both his courses as well as clarifying what we can expect to encounter with the NBN.

Term 3 has another suite of classes which could enhance, demystify or clarify your knowledge of computers. Meg Lowery has again offered to help you to create a beautiful Photo Album from your Digital Photos, Graeme Hilson will be offering his popular Excel for Windows 10 as well as What's New in Windows 10 and Helen Smith and Michele Berner will cover iPad (Intermediate) and iPad (Advanced) respectively. Also, two-hour free sessions will again be offered.

For a complete list of our Computer Courses please refer to the Term 3 Computer Course Guide on pages 6–8.

**Barbara Gardiner**  
*Computer Course Coordinator*

### GENERAL INFORMATION

- You must be a financial member of U3A Nunawading.
- For some courses a facility charge of \$20 is payable upon an invoice being issued to the member. Pay online or in person at the Silver Grove office prior to commencing first session of your class.
- Prerequisites are set to ensure that your participation in any of the computer classes is an enjoyable and informative experience. Please read them carefully and ensure that you meet the prerequisites of your choice of class.

### CLASS LOCATION

- Computer classes are held in the Computer Centre, Whitehorse Resource Centre, Level 1, 79 Mahoneys Road, Forest Hill.
- The computer room is located on Level 1 (use the stairs or take the lift). Having reached Level 1:
  - turn through the glass door on your right
  - sign the log book on the pedestal (OH&S requirement)
  - enter the Computer Room through the first door on your left.

### COMPUTER EQUIPMENT

- The desktop operating system we use is MS Windows 10. We use MS Office 2013, Microsoft Edge (Windows 10 version of Internet Explorer) plus Outlook 2013 for email. To gain the most out of our classes it would be to your benefit to have these applications installed on your own computer.
- We do not teach Apple Mac computers. We provide PC desktop computers – please do not bring your laptop to class unless requested by your class leader.
- However, you will need to bring your Apple iPad or iPhone to the relevant class. Please ensure that they are fully charged and you have your Apple ID and password.
- Please ensure that you have created a Gmail account if specified in the prerequisites for the class.

# Computer Class Descriptions Term 3

## **17COM302 EXCEL FUNDAMENTALS**

**17 July to 21 August (6 weeks) Monday 10.00 to 12.00 \$20 fee Graeme Hilson**

Would you like to learn the fundamental principles of Excel? Or, brush-up on what you have forgotten? While Excel is a useful tool for cataloguing such things as books, DVDs and photographs, managing a share portfolio, creating lists and planning travel, this course will focus on the mathematical capabilities of Excel.

**PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO USB (memory stick).**

## **17COM304 WHAT'S NEW IN WINDOWS 10**

**20 July to 10 August (4 weeks) Thursday 1.00 to 3.00 \$20 fee Graeme Hilson**

Windows 10 Operating System is here and is now supplied with new computers as well as being offered to all PC users on earlier Operating Systems. This class will bring you up to speed, whether you are new to computers or have used the older versions of Windows. The good news is that it is not difficult to learn and by the end of this course you will regard Windows 10 as a familiar friend.

**PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO USB (memory stick).**

## **17COM306 CREATING A PHOTO ALBUM FROM DIGITAL PHOTOS**

**18 July to 15 August (5 weeks) Tuesday 1.00 to 3.00 \$20 fee Meg Lowery**

Do you have lots of digital photos from your last holiday or years of family photos – all out of sight on the computer – or still in your phone? BRING THEM OUT! Make a professional-looking photo album for all to see. Find out how to use the popular computer program 'Albumworks'. This is a free application to download and is easy to understand. You will be guided step by step on how to arrange your album. Your finished album is reasonably priced, on average, at \$37.50 for 20cm by 20 cm or \$50.00 for A4 (40 pages). An album is a great way to show off your photos to friends and family. It also makes a wonderful gift.

**PREREQUISITES: Be experienced in using a computer with good keyboard and mouse skills. BYO USB (memory stick).**

## **17COM308 RESEARCHING SHARES ON THE INTERNET (Continuing)**

**19 July to 23 August (6 weeks) Wednesday 10.00 to 12.00 \$20 fee Eric Kratzer**

You should have completed *Researching Shares on The Internet (Beginners)* or be experienced in using charts before joining this course. This course will teach you how to research, find important Company data, interpret charts & discuss the difference between fundamental & technical interpretations. Use a charting program to monitor your share trading. Does not include financial advice or recommendations for investing your savings.

**PREREQUISITES: Ability to efficiently use keyboard & mouse together with experience in using the Internet. Please bring a USB (memory) stick.**

## **17COM310 GET MORE OUT OF YOUR iPad**

**19 July to 16 August (5 weeks) Wednesday 1.00 to 3.00 \$20 fee Helen Smith**

This an INTERMEDIATE level course, for those who have learned how to use their iPads but who want to learn some tips and tricks to make their devices even more useful or want to refresh and hone their skills. This 5-week course will revisit some of the iPad's main functions that were covered in the Beginners' course, but in greater depth, as well as explore apps and features useful to class members.

**PREREQUISITES: Students should either have completed a U3A beginner class or be equally familiar with how to use the main functions of their iPad. Bring your own, fully charged iPad or iPad mini (not suitable for iPad 1) and ensure that its operating system (iOS) is up to date.**

## **17COM312 ADVANCED iPad**

**20 July to 10 August (4 weeks) Thursday 10.00 to 12.00 \$20 fee Michele Berner**

For those who are familiar with their iPad already but want to explore more of its many possibilities to greater depth. This course will include topics such as cloud storage, managing files and documents, shopping and security, email tips and tricks, syncing your contacts, photo annotation, handwriting apps and how to take advantage of Microsoft's free apps for OneNote, WORD, Excel and PowerPoint and much more. The balance between topics will be adjusted at the start of the course according to the interest of participants. Time will be allotted in each session to address questions from participants.

**PREREQUISITES: You must be familiar with how to use your iPad, either from a Beginner course or by having equivalent knowledge. Bring your own iPad or iPad Mini (not suitable for an iPad 1) You must have an Apple ID and password and ensure that its Operating System (iOS) is up to date.**



# Computer Class Descriptions Term 3 (cont'd)

## **17COM312 ADVANCED iPad**

**20 July to 10 August (4 weeks) Thursday 10.00 to 12.00 \$20 fee Michele Berner**

For those who are familiar with their iPad already but want to explore more of its many possibilities to greater depth. This course will include topics such as cloud storage, managing files and documents, shopping and security, email tips and tricks, syncing your contacts, photo annotation, handwriting apps and how to take advantage of Microsoft's free apps for OneNote, WORD, Excel and PowerPoint and much more. The balance between topics will be adjusted at the start of the course according to the interest of participants. Time will be allotted in each session to address questions from participants.

**PREREQUISITES: You must be familiar with how to use your iPad, either from a Beginner course or by having equivalent knowledge. Bring your own iPad or iPad Mini (not suitable for an iPad 1) You must have an Apple ID and password and ensure that its Operating System (iOS) is up to date.**

## **17COM314 MANAGING YOUR PHOTOS WITH GOOGLE PHOTOS**

**17 August to 31 August (3 weeks) Thursday 10.00 to 12.00 \$20 fee Michele Berner**

Learn how to use Google Photos to back-up, edit, share, sync, sort and organise your photos from computers, smartphones and tablets. Learn how to edit and enhance your photos using free apps from both the Apple Store and Google Play Store. You must have a Gmail account.

**PREREQUISITES: You may use the desktop PCs at the Computer Centre, or bring your fully charged smartphone, tablet or iPad depending on how you capture your photos. Your device should be running the latest operating system. A Gmail account is required to be installed on your iPad prior to commencement of the course.**

## **17COM316 PHOTO EDITING**

**30 August to 20 September (4 weeks) Wednesday 10.00 to 12.00 \$20 fee Archie Kaan**

Come and learn how to enhance, brighten and bring out the best in your photographs with freely available software. Class members are encouraged to bring their photos on a USB memory stick and learn the art of photo editing.

**PREREQUISITES: Be experienced in using a computer with good keyboard and mouse skills. BYO USB (memory stick).**

## **17COM318 GENEALOGY – INTERMEDIATE USING THE COMPUTER**

**21 July to 25 August (6weeks) Friday 1.00 to 3.00 \$20 fee Maureen Francis with Graeme Davis**

This class follows on from Term 2 Genealogy Intermediate. Only those who have attended this class or have the equivalent experience in researching their ancestors can be accepted. Research will be focussed on Australia, the UK and Ireland. It is not a class for beginners.

**PREREQUISITES: Should be experienced in using a computer and have good keyboard and mouse skills. BYO USB (memory stick).**

*No Charge*    **DEMONSTRATION & DISCUSSION SESSIONS**    *No Charge*

## **17COM 322 THE NBN IS COMING – What should I do? (A)**

**17 August Thursday 1.00 to 3.00 Graeme Hilson**

The NBN is being rolled out throughout Australia and we will all need to connect up at some stage. This 2 hour session will cover the issues you need to know about BEFORE signing up to the NBN.

**PREREQUISITES: None**

## **17COM 323 THE NBN IS COMING – What should I do? (B)**

**21 September Thursday 1.00 to 3.00 Graeme Hilson**

The NBN is being rolled out throughout Australia and we will all need to connect up at some stage. This 2 hour session will cover the issues you need to know about BEFORE signing up to the NBN.

**PREREQUISITES: None**

# Computer Class Descriptions Term 3 (cont'd)

## **17COM320 CLOUDS ARE GETTING USEFUL**

**11 August Friday 10.00 to 12.00**

**Tony Widdows**

How can we use so-called "Cloud Computing" to store and back up our data, photos and videos. Learn about Dropbox, Google Drive, Microsoft OneDrive, iCloud and the rest. This has been updated from similar 2016 presentations with new applications and more guidance on staying secure in the Cloud.

**PREREQUISITES: Suitable for everyone who connects online by Windows or Mac computer, iPhone, iPad, Android phone and Android tablet.**

## **17COM324 CHOOSING A COMPUTER, TABLET OR SMARTPHONE**

**18 August Friday 10.00 to 12.00**

**Tony Widdows**

Are you thinking of buying a computer, tablet or smartphone? A Laptop, Desktop, Windows or Mac, iPad or iPhone, or an Android tablet or phone (e.g. Samsung)? This demonstration and discussion session is designed to help you identify what will best suit your needs and to know what each device will do, so you can make an informed choice. As a part of this we will review current trends in consumer IT.

**PREREQUISITES: Suitable for anyone who is considering either replacing or buying a device or additional device, and for anyone who just wants to update their knowledge of where consumer IT is heading.**

## **17COM326 CREATE SAFE AND MEMORABLE PASSWORDS**

**23 August Wednesday 1.00 to 3.00**

**Helen Smith**

Every website you sign up to requires a password, whether you connect using your phone, tablet or computer. You know that you should use a different password for each but it's so hard to think of good passwords and even harder to remember them! This session will help you appreciate the risks involved with poor passwords and give you some strategies for creating safe and memorable ones without too much effort.

**PREREQUISITES: Suitable for everyone who connects online by computer, smartphone and/or tablet.**

## **17COM328 KEEP SAFE ON-LINE**

**30 August Wednesday 1.00 to 3.00**

**Helen Smith**

The Internet is a great source of information, shopping and banking. But how do you protect yourself against online risks, such as phishing and hacking scams, malware and adware? What precautions should you take to ensure your privacy and safety? How best to pay for online shopping? How can you tell if information on the Internet is trustworthy? This course will help you understand how to interact safely online.

**PREREQUISITES: Suitable for everyone who connects online by computer, smartphone and/or tablet.**

## **17COM330 MANAGE YOUR DIGITAL LEGACY**

**6 September Wednesday 1.00 to 3.00**

**Helen Smith**

What happens to all your digital files, photos, emails, online accounts, etc. when you die or are unable to handle them personally? There are tools to handle your personal and financial estate, such as your Will, but these don't address your digital assets. This session will help you plan your digital estate.

**PREREQUISITES: Suitable for everyone who has digital assets to pass on.**

**FREE 1 Hour Sessions**

**QUESTION AND ANSWER FREE 1 Hour Sessions**

## **17COM332 Questions and Answers (Q&A)**

**20 July, 3 & 17 August, 7 September & 21 September**

**Thursdays 3.00 to 4.00**

**Graeme Hilson**

Have you forgotten something? Do you need a reminder? Do you need help? Computer questions answered. This is free and it is not necessary to enrol prior to attending.

## **17COM334 iPhone and iPad Issues**

**19 July, 2 August, 16 August, 30 August**

**Wednesdays 3.00 to 4.00**

**Helen Smith**

For iPhone and iPad users who are looking for some help. Bring your (fully charged) iPhone or iPad and we'll talk through the issue. Don't forget to bring relevant passwords (e.g., Apple ID, email account). All attending can benefit from how others overcome problems. This is free and it is not necessary to enrol prior to attending.



# Supper Dance Swing



On Friday, 19 May, once again the historic old Box Hill Town Hall was swinging to the music of the '20s and '30s. The Silver Grove Swing Band and the Silver Bell Jazz Band provided a hundred or so revellers with music to dance to, tap their toes to, or just listen to, recalling the good old days as dancers swept and swirled, or shuffled around the floor.

The Swing Band started with the bouncy *Jive at Five* followed by *Didn't We*. Then Mary Moore sang a couple of vocals, including the beautiful song *Skylark*. While the Swing Band took a break, bass player Milosh Vosmanski, drummer John McLaughlin, trumpeter Richard Desmond and trombonist Mike Cousins joined the Silver Bell Jazz Band for a set of traditional improvised jazz. Silver Bell played popular numbers such as *At the Jazz Band Ball*, *Ace in the Hole* and *Dinah*.

Thanks to Elsie Mutton and Valerie Donlon who manned the door taking the money (\$15 per person – excellent value for four hours of great live music), and helped clear up at the end. Thanks also to the staff of the Town Hall who set out tables and chairs, and helped with technical matters. Lastly, thanks to Mary and Geoff Moore for driving the project. Without their major contribution, there would be no U3A Nunawading Box Hill Town Hall Dance!

**Brian Ruck**



## Silver Grove Swing Band

The Silver Grove Swing Band started out eight years ago as a small jazz group within U3A Nunawading. As more musicians joined, we evolved into a full 18 piece big swing band. While many of our musicians still play in bands, some have returned to their instruments in retirement and improved to the point where they can fulfil the dreams of their youth.

We've played for retirement villages and at community events: the opening of Seniors Week at Federation Square, Diabetes Victoria 60 year celebration at Melbourne Town Hall

and at Cruden Farm to support the Mental Health Foundation.

Our music includes favourites like Frank Sinatra, Natalie Cole, Benny Goodman, swing band music from the '40s, '50s and '60s and tunes from musicals. We are always eager to perform and keep the wonderful music of the swing era and other popular big band tunes alive in the community.

**Mary Moore**



This year U3A Nunawading offered an effective communication course facilitated by Cheryl Barr. Cheryl has taught communication skills to individuals and groups for many years.

The purpose of the training is to enhance relationships with friends and family and the skills taught can be applied to day-to-day issues and/or problems. Active listening; distinguishing behaviours from judgements; determining who 'really' owns the problem; identifying 'road blocks' to effective communication; assertiveness, and how to manage emotions are just some of the skills and concepts taught.

The classes, conducted weekly for 8 weeks, will again be offered in Term 3. In a safe and accepting environment which supports learning, the class is delivered in an open and

non-judgemental way. The material is taught through discussion, workbook exercises and demonstration of actual skills.

When asked: "How might these concepts and skills influence your interactions with family and friends?"

Participants responded: "I now have the ability to express my thoughts better and to listen more to what is being said, rather than what I think is being said." "I have a clear picture of a problem solving process and of not taking on other people's problems." "The program has given me the tools to be able to listen to my friends and family to understand them and their issues better." "More effective interactions, less stress."

By learning these specific problem solving and practical communication skills, and using them successfully, participants have the 'tools' to develop personal effectiveness and to have increased self-confidence in dealing with others.

The next course [17HUM010] will be held on Fridays 12.30 to 2.30 in Room 5 at Silver Grove. Ask a Silver Grove Reception volunteer who will be happy to assist you.

## MEN and WOMEN'S U3A POLO SHIRTS

*U3A's wash'n'wear Polo Shirts  
come in two styles.*

*Plain \$10  
Yellow-stripe \$15*

*They are  
royal blue  
with a gold  
U3A logo.  
Enquire at the  
Front Desk.*



## PUT THIS IN YOUR DIARY!!!

**Saturday 26 August 2017**  
**11am – 4pm**

The U3A Social Committee will present a time of fun, friendship and laughter.

Drop in any time and stay as long as you want.



- Ten Pin Bowling
- Board Games: Monopoly, Scrabble, etc.
- Jigsaw Puzzles
- Hookey
- Quoits
- Lots more

**Tickets at U3A Reception – \$10 per person.**  
**Includes prizes/refreshments & light lunch.**

**Book early – limited admittance.**  
**Bookings close Tuesday, 22 August.**



## MARK YOUR DIARIES!



### Visit

The Australian Jazz Museum is custodian of one of the world's most extensive collections of Australian Jazz.

It includes sound recordings, posters, photos, publications, instruments and memorabilia from the 1920s to today. It is considered a collection of worldwide significance.

**When:** Friday, 11 August at 10.30am.

**Where:** Australian Jazz Museum, 15 Mountain Hwy, Wantirna.

**Cost:** \$25 includes a light lunch, tour of the museum and live entertainment!

**Transport:** Not far by car from U3A Nunawading.

**Bookings:** To book, talk to a volunteer at the Silver Grove Reception Desk or phone 9878 3898. Bookings open beginning of Term 3.



## The Work of a Judge and All that Goes With It

Join the Hon. Justice David Harper as he divulges what goes on in the life of a Judge and QC.

Some background: Joined Victorian Bar in 1970, appointed Queens Counsel in 1986, Chairman of Victorian Bar Council (1990-91), appointed a Judge of Supreme Court of Victoria in 1992 and a member of its Appeal Division in 2009. In June 2013 retired from Court. President of Vic. Assoc. for Care and Resettlement of Offenders 1995-2012, now its patron;

plus too many other positions to mention here. In 2008 made Member of the Order of Australia for service to law reform, the judiciary, international humanitarian law and the community.

**When:** Thursday, 31 August, 4.30pm.

**Topic:** The Work of a Judge and all that goes with it – The Hon. Justice David Harper, AM.

**Where:** Seniors Hall, Silver Grove.

**Cost:** Free. Book at Silver Grove Reception Desk or on 9878 3898.

## Term 4 Events to Diarise

### Shrine of Remembrance Tour

Explore the Galleries of Remembrance featuring over 800 artworks, historical artefacts and personal effects. Why not have a chat with some U3A class members – pool vehicles and meet at 1.45pm at the Shrine. Free event.

**When:** Friday, 20 October, 1.45pm.

**Transport:** Meet at the Shrine. **Cost:** Free.

### Kids Under Cover

Kids Under Cover is a not-for-profit organisation dedicated to preventing youth homelessness.

**When:** Thursday, 26 October, 4.30pm.

**Topic:** The Work being done to Prevent Youth Homelessness – Martin Murley.

**Where:** Seniors Hall, Silver Grove. **Cost:** Free.

### Portarlington & Wineries Outing

Take a 90 minute trip across Port Phillip Bay and then on to tour local wineries.

**When:** Sunday, 26 November.

**Transport:** Meet at Docklands to travel to Portarlington by ferry. **Cost:** \$24 return fare, lunch & tour of local wineries. (Lunch at own expense.)

**Further information regarding these events will be available in the September Newsletter.**

## U3A Photo Competition

U3A Network Victoria is running a photo competition and you're all invited to submit photos of classes, outings and events – anything you think will help promote U3A. Please be aware that any member photographed must provide written permission for their photo to appear in U3A publicity.

The competition is open from 1 June to 22 September. So get snapping!

The prize: The honour of your photo being used in state marketing and promotion of U3A.

You may obtain a copy of the registration form with full details of the competition by emailing [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au) or phone Reception on 9878 3898.





## 2016/2017 COMMITTEE of MANAGEMENT

<b>President:</b>	Valerie Donlon	Frank Baseden	Liz Hooper
<b>Vice President &amp;</b>		Pauline Chong	Andrew Lockwood
<b>Course Administrator:</b>	Elsie Mutton	Elaine Forde	Leo Sargent
<b>Vice President:</b>	Colleen Skinner	Barbara Gardiner	Noela Winter
<b>Secretary:</b>	Lorraine Sterling	Lindsay Glen	
<b>Treasurer:</b>	Barbara Worcester		

## 2017/2018 KEY DATES

<b>Wednesday, 23 August, 11am</b>	Annual General Meeting (no classes)
<b>Tuesday, 7 November, 11.30am</b>	Melbourne Cup Day Luncheon (no classes)
<b>Monday, 27 November</b>	2018 Enrolments Commence
<b>Tues–Thurs, 9, 10, 11 January</b>	
<b>Tues–Thurs, 16, 17, 18 January</b>	2018 Summer School

## 2017 TERM DATES

Term	Commences	Ends	Weeks
2	Tuesday, 18 April	Friday, 23 June	10
3	Monday, 17 July	Friday, 22 September	10
4	Monday, 9 October	Friday, 24 November	7
<b>Public Holiday</b>	Melbourne Cup, Tuesday, 7 November (no classes Monday, 6 November)		

### Office Hours

During term Office Volunteers are on duty at our Silver Grove office from Monday to Friday 9.15am – 3.15pm. The office is closed during term breaks and on public holidays.

### Contributions please!

We love to receive items for the Newsletter from Members and encourage you to consider writing a Letter to the Editor or a short article (100–300 words) about your involvement with U3A.

Articles should be submitted as Word documents; photos submitted *separately* as high-res jpeg images and emailed to [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au)

**Publisher:** U3A Nunawading Inc.  
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**Proof Reader:** Liz Brown

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Closing date for submissions to the next edition: **Friday 18 August 2017.**