

U3A CROYDON INC (Registration No. A0026437S)
Notice of Annual General meeting

Notice is given that the Annual General Meeting of U3A Croydon Inc. will be held on Wednesday 28th March 2018 at 10am in the Croydon Central Scout Group Hall, 33 Kent Avenue, Croydon.

The ordinary business of the meeting will be:

1. Welcome by President.
2. Call for Apologies.
3. To confirm the minutes of the previous Annual General Meeting of 28th March 2017.
4. To receive and consider the Committee report on the activities for the preceding year.
5. Presentation of 10 year and 15 year Service Awards.
6. Guest Speaker (To be confirmed)
7. To receive and consider the financial statements for the preceding financial year as submitted by the Committee.
8. To elect Officers of the Association and the ordinary members of the Committee.
9. To confirm the Annual Membership Fee for 2019.



Please wear your name badge and be seated by 9:45am.

Refreshments will be served at the conclusion of the meeting.

**ANNUAL
GENERAL
MEETING**

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At the Tutors' Luncheon last year President Les Willmott presents a cheque for \$2000 as a donation to Maroondah Community Assist

From the Course Coordinator



Well here we are 2 weeks into Autumn and still enjoying sun filled days and plenty of heat. Some more rain would be very welcome for our gardens.

Some new courses and seminars are set to start in Term 2

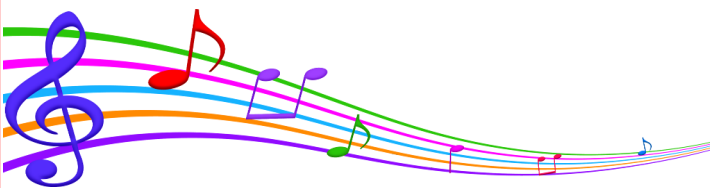
Equip4life is back and if you didn't attend the presentation on 27 February, you can still join up. There's a flyer on page 8 of this newsletter that gives more information and you can get a registration form from the U3A office. This is a great chance to get good advice and support to improve your health and well being.

Zumba for seniors is starting in Term 2. This is a workout class for seniors based on popular Latin dance moves, with a trained instructor at the Aquahub Croydon complex. Check out the U3A website for more information. If it proves to be popular we will continue into Term 3.

French Intermediate: We have a new tutor with extensive experience in French tuition, so for those of you who have done French before and are ready to move up a grade, then this is for you. If you have any questions please ring Diana on 0409 976 371



Music Appreciation : If you enjoy a variety of music, like European classical, folk music, jazz and music from other cultures, this class will be an absolute treat. Our new tutor, Greg Nicholas, comes highly recommended by Upper Yarra U3A. Classes will be held in a room at Swinburne TAFE on Norton Road in Croydon on a Thursday afternoon. Check out our U3A Croydon website for more information.



Have you heard of **Victorian Energy Compare**? Are you confused when you get an energy bill? The Victorian Government has an energy price comparison website where you can compare gas, electricity and solar offers and find the best deal. To help you navigate this website we will be running an information session on Tuesday 1st May at 2pm in the Swim Log Cabin. Topics include how to shop around, how to read a bill and information on understanding energy concessions. This is an interactive session where you can ask questions and hopefully this will save you money by finding cheaper energy alternatives.



Are you asset rich and cash poor? Do you own your own home but find income is a bit tight to live comfortably. Our **Home Equity Unlock** seminar coming up on Tuesday 15th May at 1pm at the Swim Log Cabin will explain the ins and outs of this issue.

This is an opportunity to ask questions and get an unbiased view of the options available to you.

Further seminars on **Your Home in the Third Age** and another about options around **Phone and TV** services are planned, so keep an eye on our website. We are always on the lookout for new courses and classes so if you have an interest or skill you want to share, please give me a call on 0409 543 644.

Our Guitar & Ukulele group is a popular class and always has enrolments to the max. Members are expected to have some musical experience, which leaves an opening for a Beginners' class. *Are you a competent guitar/ukulele player? Would you like to tutor a Beginners' class?* This would make a wonderful addition to our course list and enable members who are new to guitar and ukulele, to develop some skills. Please give me a ring if you feel you could offer your expertise.



Just a quick follow up on our Testing and Tagging exercise last month. By all accounts it went very smoothly and we are grateful to all tutors and members who brought in their equipment for testing. A big thank you also to Sue Martin, Paul Martin and Allan Hawkins who were instrumental in ensuring it all ran like clockwork. * Remember, you are NOT permitted to use any electrical equipment in your classes if it hasn't been tested and tagged.

My life as Course Coordinator has been very busy since August last year to the present. I am hopeful that things will settle down for me in Terms 2 and 3 and that will give me an opportunity to start visiting lots of your classes to say hello.

Ingrid Tiltman



NEXT TUTORS' MEETING

Thursday 12th April, 2018 at 10 am in the Keystone Complex Athletic club room (behind the U3A office) All tutors invited.



VALE - THELMA HUGHES

We were saddened to hear that Thelma Hughes passed away on 7th February, 2018. Thelma was a long standing member of U3A and a popular tutor of "Dot's Line Dancing" classes. She will be sadly missed.

Thelma's Line Dancing friends would like to share this verse written especially for her.

THELMA

*What can we say about this special girl
Who's life was always in a whirl
Thelma a friend, pal and chum the best you can get
And always a friend to all that she met*

*A dancing tutor by day
A tenpin bowler by night
A computer whiz as well
That always got everything right*

*A great mixer with social dinners
Stories she told were real winners
Although never let it be seen
That she ever ate anything green*

*A true lady and helpful to all
Taken too early by the call
Truly missed by everyone
Flying high as we say goodbye
Sleep Peacefully Thelma*



DOT'S LINE DANCING

This is a wonderful class with many members having a great time dancing and keeping fit. It would be a shame for it to fold so we are looking for someone to continue in the great tradition established by Dot and then Thelma.

Can you or someone you know help? Give Ingrid a call on 0409 543 644 or ring the U3A office.

Lost
&
Found

Have you lost a dark grey mohair cardigan?
It can be claimed at the U3A office

COMPUTER CORNER

We are pleased to announce that we are conducting two new classes for term 2

GOOGLING ON THE INTERNET

This course will give members an opportunity to discover many ways to safely surf the Internet using Google and its apps including Drive, Documents, Contacts, Calendar and Translate.
Enquiries: Ian 9723 4342



COMPUTERS-WINDOWS 10

Confused by how to use Windows 10? This course will show you how to understand and make full use of Windows 10 Operating System. Also discover along the way its many features.
Enquiries: Joy 9729 9308

If you are interested in any of these courses log onto our U3A's website, www.u3acroydon.org.au for more details. Please call the tutor listed to confirm your suitability and confirm whether there are any vacancies before enrolling. It is important that enrolments are made early as these classes, being new, are expected to fill up fast.

There are still vacancies in all our classes at the time of writing, for all our other computer classes. This is also a reminder that all those who enrolled in past terms, where the class was cancelled due to insufficient numbers, you will need to re-enrol in the course for term 2, if you still wish to do the course.

Do not leave it for the last couple of weeks before you do so, as this is the time when the Computer Course Co-coordinator needs to make a decision as to whether we have sufficient enrolments to run the course.

All Enrollees should note that everyone is placed on a wait list when they first enrol. Don't be concerned when this happens as, even though there are vacancies, it appears to you that there are none. The purpose for this is to ensure that all participants are capable of doing the course and have the suitable equipment before they are elevated into the class. We don't want positions being taken by members who are unsuited to the course, when other members more suited could have participated.

Also pupils are only elevated when we are certain that we have sufficient pupils enrolled to go ahead. There needs to be a minimum of 5/6 pupils before a course will go ahead and this is decided about a week before the course commences.



Trevor Phone: 9729 9308

TERM 2 OFFICE ROSTER

Just a reminder to all the office volunteers to fill in the Term 2 Roster at the back of the black folder. You get to choose your date that way. Alternatively please let me know if you will be unavailable during Term 2. You can contact me at suelakeland@optusnet.com.au or 0431 068 173

Sue Lakeland

Thank you!



Yoga enthusiasts posing for the camera late last year. Thank you one and all for joining me on Monday mornings and keeping me on my toes (hands and knees as well !!) I am looking forward to a bright new year of stretching, twisting, breathing and relaxing with you all.

Namaste, Ansje

VALE - JUNE HEYWARD

Members of the Tai Chi Intermediate class were devastated to hear of the sudden, unexpected passing of June Heyward on March 7. June was helping to teach the class a new Tai Chi form. We will miss her bright sunny smile and happy demeanour. Our thoughts are with her family and especially her sister Sue who is also a member of the Tai chi class.



Creative Craft

In 2017, the members of our group collected small change each session and managed to raise \$275.00 which was donated to the Regional Flying Doctor Service. We are very proud of our efforts.



Gerlinde Duss



Do you like to dance?
Do you like Rock n Roll?

Perhaps there is someone out there that could tutor a Rock and Roll class. It would be great fun, a good workout and that toe tapping music is hard to resist.

THURSDAY CYCLING



Starting at Woori Yallock this group cycled to Warburton and returned via the O'Shannassy Aqueduct Trail

A man is talking to the family doctor. "Doc, I think my wife's going deaf."

The doctor answers, "Well, here's something you can try on her to test her hearing. Stand some distance away from her and ask her a question. If she doesn't answer, move a little closer and ask again. Keep repeating this until she answers. Then you'll be able to tell just how hard of hearing she really is."

The man goes home and tries it out. He walks in the door and says, "Honey, what's for dinner?" He doesn't hear an answer, so he moves closer to her. "Honey, what's for dinner?" Still no answer. He repeats this several times, until he's standing just a few feet away from her.

Finally, she answers, "For the eighth time, I said we're having MEATLOAF!"

EXPLORE MELBOURNE

Hello everyone, our next outing is to **Box Cottage, Ormond**. William and Elizabeth Box arrived in Melbourne on 4th May 1855 and prospered as market gardeners. William served 7 years as a Moorabbin councillor. They raised 13 children in tiny box cottage which is now maintained by City of Moorabbin Historical Society. Our chosen date is **Tuesday 24th April**. **PLEASE NOTE: Bookings will close at 12 noon on Friday 13th April**. Cost \$6 (includes morning tea) to be in office by Wednesday 18th April. Remember office closes on Thursday 29th March, reopens Monday April 16th. Last carriage 9.24 train from Croydon Station to Richmond where we change to Frankston line hopefully catching 10.07 to Ormond. If not it will be 10.17 arriving at Ormond at 10.36. We walk along North Road, to Jasper Road and will need to keep up a reasonable pace. We start with morning tea then a tour of this amazing tiny cottage. There is a McDonalds on Jasper Road and a couple of food outlets in North Road should you require lunch, otherwise it will be train back into the city. **Ring me Gwen Owen 9870 0483 to book. Wear name tags please.**



Dates for future outings: Tuesday May 22: Tuesday June 26th: Tuesday July 24th: **Thursday** August 23rd.

EXPLORE MELBOURNE CRITERIA. BEFORE ENROLLING, PLEASE READ CAREFULLY. Before enrolling and taking part in the outside activity group Explore Melbourne, you have to be aware that most outings involve negotiating trains, trams, buses, escalators, stairs, steps and uneven ground. It is essential that persons choosing to participate in this activity are independently mobile. No personal care can be given. Outings may also involve a walking distance of over 5 kms

RINGWOOD HIGHLAND GAMES

We are delighted to advise that "The Croydonaires", who are all members of our Guitar and Ukulele Group, have been invited to perform at this year's Ringwood Highland Games which will be held at Ringwood East Sports Ground, corner Mt.Dandenong and Dublin Roads, Ringwood East on Sunday 25th March.

The Group will be performing in the Folk Marquee from 1.30pm to 2.15pm and have compiled a special programme of iconic Scottish and Irish songs entitled "A Drap O' Celtic" to suit the occasion.

If you can attend, the Group would greatly appreciate your support. Other features of the Games will include pipe bands, highland dancing, Scottish country dancing, heavy games, fun family activities, market stalls and great food, including whisky tastings, haggis and other Scottish treats – all worth sampling and not to be missed.



WE NEED YOUR COOPERATION

Like many other U3As we run our courses and classes in a variety of shared venues. We have an obligation to look after these venues and after each and every class, ensure that the room is clean and tidy and ready for the next group. All of our venues are also used by other groups outside U3A.

I would ask all Tutors and members to please note the following:

- No dishes/cups left on or in the sink
- Benches wiped down after use
- Rubbish taken away when you leave
- Clean up any mess in the toilet facilities
- Sweep the floor if needed.

This shouldn't be a big job if every group does their share.

As U3A is not the only user of these venues, we understand that sometimes it is not us that is making the mess. So if you arrive at your venue to find it isn't tidy and clean, PLEASE contact me or Allan Hawkins immediately and if it is possible to send some photos as well, then we are in a position to follow up with the relevant authority.



Ingrid: 0409 543 644
Allan: 0439 301 133

“Enjoy the Ride”

We wish to give a big warm “Welcome” to our newest members that have joined our lead lighting class and to show some of our work which is in progress during this term one for year 2018. Our Leader Loretta has been very busy this past year with packing up her house to move to her new home. We all wish her



a very happy time within her new nest. Dermot and Jane have been wonders in helping our members with any inquiries or just showing us what we need to be doing with our projects which helps us feel great when we have finished them.

Our first day of term for our New Year we gathered in Lilydale to meet up together (some for the first time) sharing our Christmas experiences as we all had a lot to catch up on.

In two cars, our members went to an outlet in the city for stained glass in Thomastown. Boy did we get a country ride from Lilydale, it felt like we were going around the sun to meet the moon.

However the scenery was very spectacular showing us what we miss as living within the city parts of Melbourne.

Staff members from this wonderful outlet could not do enough to meet our requirements, the patience they showed going back and forth to collect different glass

colours to mix and match under the light frame in the front, they were real troopers. Once we decided and paid for our choices, we made our way by car to a café (Workers Lunch Cafe) not too far away. We had a map but we missed the turn so had to turn around and wait for traffic opening to cross the road. We did get there in the end. Members enjoyed each others' company while eating their choices of menu.



We all piled into our vehicles to return home thinking this will not take too long as we know the way!!!! So we thought. We made a slight turn to the left instead of the right in the curve of the road, we started zig zagging going up and up with views too high and too close to the edge for comfort.

We turned around and got down to where we made our mistake. The sign had said Kinglake but we forgot we needed to go to Kangaroo Ground. One member got out the GPS but that took us to Warrandyte (the wrong way for us).



Eventually we arrived back via Chirnside Park to Lilydale to make our way home. Still smiling as we all had a good day with company and purchases we made for our class.

By Joyce Baston - Leadlighting Mondays 9.00-12.00

OUTDOOR YOGA

Yoga classes at U3A are very popular and many yoga enthusiasts would probably enjoy some outdoor sessions. Maroondah City Council is running Yoga classes at Croydon Park. These classes started in February but there are still a few sessions available.

12.30-1.30 pm: Tues, 13 & 27 March, 24 April

5.00-6.00pm: Tues 6 & 20 March, 3 & 17 April

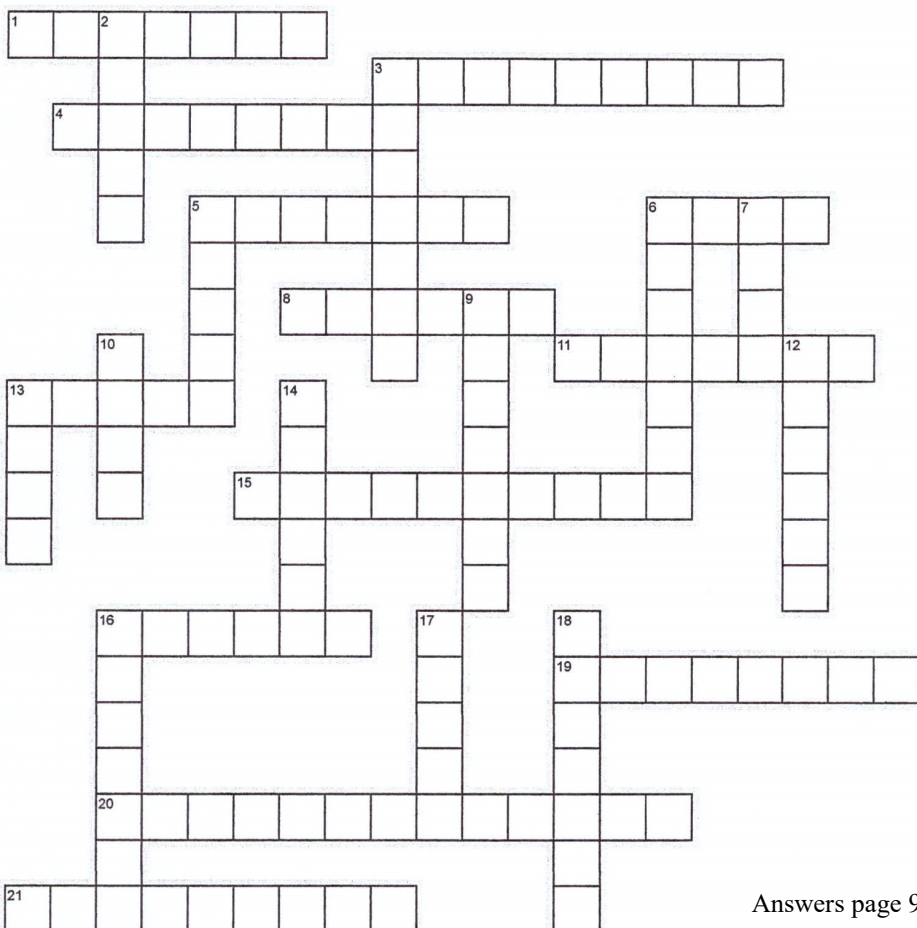
Outdoor Yoga is a wonderful experience. Please check Maroondah City Council Facebook page on the day for details. Wet weather location is at the Croydon Aquahub. Bring a mat and a small cushion.

Namaste, Dee



Trevor's Quick Crossword

Created by Trevor Bellinger



Answers page 9

Across

1. Of little depth
3. Make an apology
4. Express dissatisfaction
5. Make clear
6. Ready money
8. Crush or squeeze flat
11. Post mortem examination
13. Tool for digging
15. Vague or undefined
16. Brief form of rain
19. Gather together
20. Put off doing
21. Craftsmen in woodwork

Down

2. Keep away from
3. Uneasy in mind
5. Bell sound
6. Take a prisoner
7. Cleansing agent
9. No consideration for others
10. Food to entice prey
12. At point of boiling
13. Slender
14. Middle point
16. Indoor shoe
17. Examination of accounts
18. Dead body of animal

NEW COURSES AND CLASSES FOR TERM 2

18EXE090	ZUMBA	Tuesdays	2.00-3.00	Aquahub
18LAN026	FRENCH INTERMEDIATE	Thursdays	12.30-2.00	Keystone
18HUM039	EQUIP4LIFE	Tuesdays	2.00-3.30	Swim Log
18HUM047	HOME EQUITY UNLOCK	Tuesday 15 May	1.00-3.00	Swim Log
18MUS020	MUSIC APPRECIATION	Thursdays	2.00-4.00	Swinburne
18HUM075	VICTORIAN ENERGY COMPARE	Tuesday 1 May	2.00-3.30	Swim Log
18COM067	GOOGLING ON THE INTERNET	Tuesdays	11.00-12.30	U3A Office
18COM070	WINDOWS 10	Tuesdays	1.00-2.30	U3A Office
18EXE009	CROQUET INTRO	Tuesdays	1.00-2.30	Ring'wd Croquet

As always, if any of these classes appeal to you, log on to the Croydon U3A website:

<http://u3acroydon.org.au>, click on View Courses and tick the box next to the course of your choice.

Remember to "Confirm Selections". If you are not confident with doing this online, pop into the U3A office and one of our volunteers will do it for you.

OUR MISSION STATEMENT

"U3A Croydon is committed to sharing knowledge and skills with each other for mutual benefit, well-being and enjoyment and to working constructively with its partners."

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TERM DATES 2018

Term 1:	29 Jan to 29 March
Term 2:	16 April to 29 June
Term 3:	16 July to 21 Sept
Term 4:	8 October to 7 Dec

DATES FOR YOUR DIARY

2018		
Wednesday 21st March		Nominations close for AGM
Sunday 25th March	1.30—2.15	Guitar & Ukulele group perform at Ringwood Highland Games
Wednesday 28 March	10am	Annual General Meeting, Kent Avenue Scout Hall
Thursday 29th March		Last day of term 1
Friday 30th March		Good Friday
Thursday 12th April	10am	Tutors' Meeting, Keystone Complex Athletics Room





FREE

HEALTHY LIFESTYLE & WELLBEING PROGRAM

Croydon U3A

FREE Lifestyle Modification Program
 Proven strategies for weight loss and reducing belly fat
 Reduce your risk of diabetes, heart disease and stroke
 Free resources with exercise & nutritional information
 One to one individual lifestyle consultation
 6 group sessions across 12 months
 Facilitated by health professionals

Key Topics
 Energy balance and weight loss
 Healthy eating and recipe modification
 Stress, relaxation and sleeping better
 Physical activity & exercise programs
 Strength training & falls prevention
 How to read & interpret food labels
 Mental fitness & brain health

ENQUIRIES
 Phone: (03) 9874 1150
 Mobile: 0431-964-338
 Email: matthew@equip4life.com.au
 Web: www.equip4life.com.au
 Mail: PO Box 1212, Mitcham North 3132

Beginning Term 2
 To register please
 fill out and return
 registration form
 or contact Alain,
 Accredited
 Exercise
 Physiologist on
 0404 501 195



U3A CROYDON COMMITTEE 2017/2018

President	Les Willmott	les.willmott@gmail.com	9723 4545
Vice President	Jillian Reynolds	jillybrad@bigpond.com	0438 825 157
Treasurer	John Hoffmann	treasurer@u3acroydon.org.au	0419 311 557
Course Coordinator	Ingrid Tiltman	send2ingrid@outlook.com	0409 543 644
Course Administrator	Marg Atherton	atherton@alphalink.com.au	9729 6457
Secretary	Christine Hawkins	cmehawk@gmail.com	0407 301 133
Events Coordinator	Penny Kruse	kruu3a@gmail.com	0438 056 744
Systems Administrator	Trevor Bellinger	trevorbellinger@yahoo.com.au	9729 9308
Office Manager	Marion Armitage	marion3796@gmail.com	9736 1126

WANDIN PLAYERS is an amateur theatre group and we are in need of more actors and crew as we are planning two productions this year—in July and November. We are not a church group, but we perform at the Baptist Church on Clegg Road in Wandin and we meet there on Wednesdays at 7.00pm. No experience necessary - do visit us! You can ring Arlene Myers on 9726 4282 or Claire Murnane on 9728 4877 to volunteer or have a chat with Philippa Pavillard (Speechcraft) who is also a member.

SPEECHCRAFT

Members and friends are planning another holiday lunch at Sofia's Restaurant, 99 Maroonah Highway Croydon on Tuesday 10th April at 12.00 midday. Do join us!

Ring Philippa on 5961 5812 to RSVP



HAPPY NEW YEAR AND HAPPY EASTER IN 10 DIFFERENT LANGUAGES - compliments of the Speechcraft class members

HAPPY NEW YEAR	LANGUAGE	HAPPY EASTER
Felice anno Nuovo	Italian	Buona Pasqua
Feliz año nuevo	Spanish	Felices Pascuas
Bonne année	French	Joyeuses Pâques
Zalig nieuw Jaar	Dutch	Zalig Pasen
Gelukkig nieuw Jaar	Dutch	Vrolijk Pasen
Fröhliches neues Jahr	German	Frohe Ostern
Godt nytår	Danish	God påske
Sâle no mobârak	Farsi (Persian)	Eid Pak Mobârak
Blwyddyn newydd da	Welsh	Pasg Hapus
Ευτυχισμένο το νέο έτος	Greek	Καλό Πάσχα
Selamat Jaar baru	Indonesian	Selamat Hari Paskah

Across	11. Autopsy	Crossword Answers from page 7	Down	10. Bait
1. Shallow	13. Spade		2. Avoid	12. Simmer
3. Apologise	15. Indefinite		3. Anxious	13. Slim
4. Complain	16. Shower		5. Chime	14. Centre
5. Clarify	19. Assemble		6. Capture	16. Slipper
6. Cash	20. Procrastinate		7. Soap	17. Audit
8. Squash	21. Carpenter		9. Selfish	18. Carcass

Start Term Two Newsletter is due to be posted May 1st, 2018 but will be on the website prior to that date. Contributions due Sat 21 April, 2018.

We especially welcome photos and contributions from Tutors and class members. These may be left at the office and labelled "Newsletter" before the above dates or emailed to the Newsletter Editor, Ingrid Tiltman at: send2ingrid@outlook.com If emailing contributions, please put "Newsletter" in the subject line.

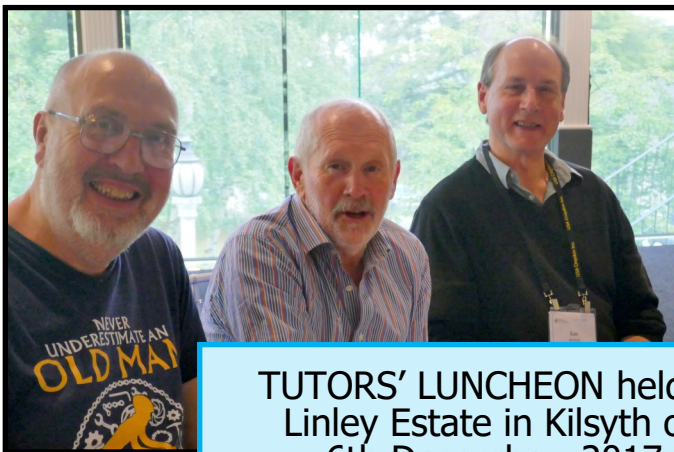
Can also be posted to U3A Croydon Inc.,
PO Box 816, Croydon 3136.



If you hear of any member who is not well or has suffered a loss,

please contact our Welfare Officer Trish on 9736 4510 or 0412 499 800 or contact the U3A office.

"The only degree you need is a degree of enthusiasm"



TUTORS' LUNCHEON held at
Linley Estate in Kilsyth on
6th December, 2017

