



NUNAWADING INC.
For Learning and Creativity

Newsletter

Newsletter No. 79

November 2011



Gala 10th Annual Melbourne Cup Luncheon

Members and their guests enjoyed a great day, eating a top class lunch prepared by members of the Social Committee, and watching their sweep selections run for them on the big screen. Archie Kaan's photographs bring the event to life.

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Adult Education in
the Community

President's Message

During September our membership for this calendar year passed the significant mark of 1500 which represents an increase of 11% on last year. Commensurate with this we are running 136 classes weekly from commencement of Term 4.

At our AGM held in August we welcomed Archie Kaan to our Committee of Management.

Archie during the past several years has been heavily involved in a wide range of activities and we look forward to his involvement. We also acknowledge the contribution from retiring members Alan Stevenson and Dorothy Maher both of whom it is pleasing to see will continue to be involved in a number of areas.

Additionally Barbara Gardiner and Lindsay Glen have stepped down from the roles of Secretary and Treasurer respectively and we acknowledge and thank them for their tremendous contribution in those roles. Barbara Worcester and Tom Wong have assumed the responsibilities of Secretary and Treasurer respectively. We are fortunate that both Lindsay and Barbara will continue to be heavily involved in our office administration and general operations.

In late September we experienced the long awaited relocation from our temporary Computer room to facilities within the newly developed resource centre at Mahoneys Road Forest Hill. As previously advised we are now operating Windows 7 thus allowing us to offer classes based on current software applications – MS Office 2010 suite including appropriate internet and Email applications.

As in recent years we participated in the State Government launch of Seniors Week. This event which was held on the first



Sunday of October at Federation Square under the banner of U3A Carnival of Learning, featured U3As from the City and Regional areas. Our strong commitment centred around the interactive participation of a significant number of class members representing Greek Dancing, Belly Dancing, Exercise to Music, Tai Chi, Choir, Mah Jong and Music Ensemble. These activities generated considerable enthusiasm and comment from the huge number of visitors. The unqualified success of our involvement is primarily owed to, and we thank, the dedicated commitment and participation of members associated with the above classes, committee and many other volunteers.

Early in September we held our bi-annual Quilt, Needlecraft, Art and Craft Exhibition in the Box Hill Town Hall. This very successful four day event covered by an article in the body of this Newsletter owes its success to many of our members, with special mention to Barbara Worcester, Elsie Mutton and Lindsay Glen.

Currently our Executive members and Standing Committee Convenors are heavily involved in our planning for 2012. Included are the curriculum details, key operational dates/significant events, social activities, our approach to strategic and succession

issues, financial management, enrolment procedures and a number of other significant projects.

Earlier in the year we commented on the objective for U3A Nunawading to ascertain the needs of the Culturally and Linguistically Diverse organisations throughout our community that maybe mutually beneficial. Recently Elsie Mutton and I met with the Director of the Victorian Multicultural Commission in order to further pursue this objective. We are currently in discussions with one group that will most likely lead to fruition from Term One.

Treasurer Tom Wong has initiated a project associated with the automation of membership payments for members who may wish to access this facility. He is currently formulating a number of options which we will explore with a view to implementation during the first half of 2012. In addition Tom has also recently developed an electronic payments system for member reimbursement and selected suppliers.

Earlier in the year we were extremely grateful to receive a significant donation from Gwen St John, a former member. Gwen, a class leader for many years was held in high esteem by all who knew her. Gwen's donation will be used for purchase of new classroom material with an appropriate plaque depicting her generosity being placed on the equipment.

In conclusion on behalf of our Committee, I wish our members and their families all the best for a Happy Christmas and New Year. Thank you for your involvement and commitment throughout 2011 and I look forward to seeing you in 2012.

*Leo Sargent
President*

Contributions Please!

We hope to encourage more Newsletter contributions from members – letters to the Editor, and short items from classes, not necessarily written by Class Leaders. Submitted articles should focus on U3A activities and items of general interest, rather than personal matters.

Where possible, contributors to the U3A Nunawading Newsletter may provide their copy via an emailed copy to the email address U3ANunawadingNews@gmail.com or alternatively, copy may be left in the Editor's pigeonhole at Silver Grove.

Photos (digital or prints) should be provided separately.

Course Administrator's Report

In this newsletter you will find the necessary forms for membership/enrolment plus curriculum details for 2012.

Please read the descriptions carefully. I found this year many of you selected a class and then changed your mind. As our membership continues to grow this becomes very time consuming to deal with. However, if a change is necessary fill in the orange form available from the office to allow another member the chance to take up a place in a class.

For current members rejoining, the cutoff date for priority is the 9th December. Applications received after this date will be dealt along with new applicants.

All classes start in the week commencing Monday 6th February, unless otherwise stated.

You will receive notification of the status of your enrolment in the third week of January 2012.

Note these changes

- There has been a number of changes to the names and descriptions of the French, Japanese and Latin classes, read carefully to make sure you enrol in the right class.
- Over the last few years Paul Makinson's classes have been so oversubscribed that he agreed to take 3 classes in Drawing and Sketching thus helping with waitlists for this subject. In 2012 Paul will only be taking Drawing and Sketching 1 and David Blain will take Drawing and Sketching 2. Thank you, Paul, for sharing your skills over three classes in the last few years.
- Welcome back Joe Lau our Bonsai leader for Term 1 & 2
- Thank you to Lesley Halstead, Eileen Moore, Naomi Atkinson, Ian Grandy, Frankie Ryder, and Elizabeth Culliver. These leaders will not be returning to lead classes in 2012
- Eileen Moore has been a member since 2000 and leader of the Exercise Fit and Active since 2004. Eileen always steps forward when asked, be it for a performance for the City of Whitehorse, Carnival of Learning at Federation Square or a U3A Nunawading function. Eileen has supported U3A Nunawading

and her class always has a large waitlist. Eileen's retirement will be a great loss for U3A Nunawading.

- Franki Ryder has led the Literature class since 1999. She has shared her knowledge of the world of literature with many students during this time. Franki's dedication to this class is recognized by the regard in which she is held by her students.
- Elizabeth Culliver came to brush up on her German as a student and attended for 5 years. In 2008 Elizabeth took over as leader of 3 German classes. Elizabeth has decided to have a sea change and is moving to the Blue Mountains. She has made contact with the U3A there, and our loss will be their gain.
- Lesley Halstead was endorsed by the retiring Embroidery leader Sally as someone who could take over as the leader in 2006. After a time it was agreed to change the name to Needlework which is more in line with what the class does now. Unfortunately Lesley's eyesight is deteriorating and she needs to concentrate on her health.
- Naomi Atkinson took over when the leader of the Watercolour B class took 2011 off from teaching. Naomi brought her style to the Watercolour class and I know the students are sorry to see her leave. Naomi is very happy to return to being a student and especially not needing to prepare for teaching a class.
- Ian Grandy is taking 1 year off. Hopefully Ian will return to us as a leader in 2013.

We welcome the following leaders

Kath Cummings Money Management & Understanding Finance.

William Verran who will lead Heraldry and family crests.

Yanti Parry will introduce you to the Indonesian language.

Lindsay Coker. Music: the development of music through the ages.

Elizabeth Pitman. The History of medicine.

Vivien Spencer leader of the Music Makers class will take a recorder beginners class

Archie Kaan will take a new type of Tai Chi: Chuam

Leonie Clyne is taking over the Needlework class

David Blain Drawing & Sketching 2

Lindy Faulkner is coming back to take Watercolour B

Barbara Worcester will help the Literature class to adjust without Franki.

Beulah Gardiner, leader of Tai Chi 1 class, will share her skills of the Chinese language by taking a Chinese beginners class.

Dianne Michaels who is the leader of Exercise Fit and Active 2 will take over Eileen's Exercise class as well.

Frank Chai helped out when Jasmine's class had a huge waitlist. Frank did such a good job he is now taking over Jasmine's advanced class.

Thank you to those who have shared their skills with U3A Nunawading and welcome to those who will now become leaders. We are appreciative of the support our leaders give to U3A and I look forward to meeting with you in 2012.

Enjoy the break.

*Elsie Mutton
Course Administrator*

Public Speaking Club

The Public Speaking Club is a friendly, stimulating group that would welcome some new members.

Public speaking is a proven method of building self confidence, raising personal morale and enhancing the ability to participate in and enjoy social activities.

Experienced speakers and beginners are welcome and benefits include improved speaking skills, friendships, self confidence and learning from the stories and experiences of others.

Meeting times are 9.30 to 10.45am on Mondays in room 9.

*Leaders are Keith Graham
and John Hurley*

New classes to look out for in 2012

Card Game: Hand and Foot

Come and learn the art of playing 'Hand and Foot'
 Wednesday
 12.15 – 3.00
 Class leader:
 Barbara Ryder



Heraldry and Family Crests.

Learn how to investigate your Coat of Arms and Family Crest.

Monday 9.30 – 10.30 Plato

Class Leader:
 William Vernam.



Indonesian

The class will cover the Indonesian language and culture.

Thursday 1.00 – 2.00 Room 3

Class Leader: Yanti Parry



Recorder beginners

Remember when your children came home with a recorder, now it is your turn. Learn to play the treble recorder with Vivien

Thursday
 11.15 – 2.15
 Room 9



Class Leader: Vivien Spencer

Tai Chi: Chaun (WU style)

If you find Tai Chi enjoyable you may like to try the more aggressive style. Tai Chi Chuan – wu style.

Wednesday: 3 .00 – 4.00 Silver Grove Stadium

Class Leader: Archie Kaan

Chinese Beginners

An introduction class to the Chinese language.

Thursday 11.45 – 12.45
 Room 3

Class Leader:
 Beulah Gardiner



History of Medicine

This is a class of six sessions covering many aspects of the History of Medicine.



Wednesday Room 9 commences 22/2

Class Leader: Elizabeth Pitman

Music: The Development of Music through the Ages.

Many changes have occurred in how we appreciate listening or playing music throughout the ages.

Come and find out more.

Friday 12.45 – 2.00 MPR

Class Leader: Lindsay Coker

Money Management & Understanding Finance

A hands-on approach to controlling your money.

Tuesday 1.30 – 3.30 Room 9

Class Leader: Kath Cummings

Tips and Tricks for your iPad

A "One-Off" session, "Tips and Tricks for your iPad" will be run by Tom Wong on Friday 17th February 2012, 2pm to 3pm in the Namatjira room.

We're Still Knitting!

Jenny Keamy, Loris Townshend and Maureen Goh are just three of the very willing people who help to sort and re-pack the knitting that has been donated to the U3A Knitting Project for the vulnerable children of the world.

It's great to know that despite the huge amount of donated items that come in almost daily, we can always depend on our members to offer their time to help out with this important task.



U3A NUNAWADING INC.

Reg No.AOO 219 51Z

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APPLICATION FOR MEMBERSHIP for 2012

Title	Given Names	Family Name	
Address		Suburb	Post Code
Date of Birth		Home/Mobile Number	
Previous Occupation		Country of Birth	
Email address		Preferred Name for Badge	

Are you an Existing Member of U3A Nunawading? Yes No

Fee Structure:
(January 1 to
December 31)

Annual Membership (includes GST)	(full)	\$40.00
or , if a financial Member of another U3A which one? _____	(associate)	\$20.00

Please enter amount: cheque/cash enclosed for sum of \$

Cash must be exact amount. Credit cards are not accepted.

U3A is totally reliant upon its volunteers. You are asked to share your skills and knowledge to assist in maintaining the operation of the organisation.

Please tick the areas in which you can offer assistance.

Lead a Class – subject.	Yes	
Office Duty <i>Please circle below preferred day(s) and time(s)</i>	Yes	
Mon. Tues. Wed. Thurs. Fri.	AM or PM	
Participation on: Committee of Management	Yes	
Standing Committee: Social Committee	Yes	
Communication & Publicity	Yes	
Project Committee	Yes	

PLEASE ENSURE that you have completed both the front and back of this form

ENROLMENT ARRANGEMENTS.

Membership applications may be hand delivered during office hours or mailed directly to the office. Please ensure that your remittance is included.

1. **CLASSES:** Term 1 starts on **Monday 6th February 2012**, (unless otherwise stated).
2. **CLASS SIZE LIMITS:** Some classes have a maximum and minimum number of participants.
3. **PRIORITY:** Full Members receive priority over Associate Members for places in classes. Priority will be given for existing members who enrol before December 9th 2011.
4. **STATUS:** You will be notified of the status of your enrolment by mail the third week in January.
5. **COMPUTER COURSES:** The facility usage charge **must** be paid **prior to the commencement** of your class at the Silver Grove Office.
6. **CLASS CHANGES:** Following class confirmation, should you wish to withdraw from a class, join another class, need a new badge or make a change of address, please complete a CHANGE OF DETAILS ENROLMENT form, obtainable at the office.

PLEASE ENTER YOUR CLASS SELECTIONS BELOW

Class	Day	Time	Office Use only	
			Entered by	Comments

When unable to attend classes we do request that you tender your apologies to the office. If the office is unattended, messages can be left on the answering machine or you can contact us via email.

Signature: _____ **Date:** _____

The Committee of Management advises that the material presented in classes is at the discretion of the leader & does not reflect the views of the management. Please seek clarification from the leader where necessary.

Privacy: The personal details provided are used for internal purposes only. Please refer to our Privacy Policy Statement for further information

U3A Nunawading – Class Descriptions 2012

COURSE	DESCRIPTION
Applied Psychology	<p>In this course we will examine some of the principles of psychology from east & west which, if applied in everyday life, could positively influence, manage & manipulate our behaviour & attitude to our advantage & to the advantage of society. Scientists claim that the study of this subject enables us to gain control over our mental activity & helps us, among other benefits, maybe to prevent mental disorders. A short comparative study of the relatively young science in the west with its much older counterpart in the east may offer exciting insights. Practical application of tenets of psychology could lead to empowerment & personality development.</p> <p>Tuesday 11.30 – 12.30 Plato Class Leader: Pritam Aneja</p>
Ageless Teaching (The)	<p>This presentation of the Wisdom Teachings is an introduction to the basic principles of living as it applies to all creeds & nationalities. The lessons will take us on a journey of self-discovery where we are led to an understanding of why we act & react the way we do. Each student will need a copy of the book "The Path of Initiation" which will be available at the first class. Cost \$20.00.</p> <p>Wednesday 1.15 – 3.15 Plato Class Leader: Barbara Majoor</p>
Art History & Appreciation	<p>A self-help group studying the development of the visual arts through the ages. Members are encouraged to participate. Includes visits to art exhibitions at city, local & regional galleries.</p> <p>Monday 11.00 – 12.30 MPR Class Leader: Barbara Sommers</p>
Astronomy	<p>Experience the wonder of the universe; what is out there eg; planets, stars, galaxies, black holes. How they work, what they look like and how they affect us. In 2012 astronomers will be watching for a transit of Venus in June and a total solar eclipse in November.</p> <p>Wednesday 9.30 – 10.30 Plato Class Leader: John Shattock</p>
Badminton	<p>If you have any racquet skills, played tennis, squash or badminton, come along to a fun class for the opportunity to learn this great game. All standards are welcome with training & helpful instruction from Graham & George. You will need some sports attire, white-sole runners, racquet if you have one, plus a sense of humour. The class is designed for members to have fun & improve their fitness level.</p> <p>Friday 2.00 – 3.00 Nunawading Community Centre Stadium Class Leaders: Graham Haynes & George Wilson</p>
Ballroom Dancing: New Vogue	<p>Learn popular Australian New Vogue & other ballroom sequence dances. No previous experience required. For beginners, basics & revision are covered from 2:00-2:30. From 2:30 – 4:00 we learn new dances & enjoy those we already know in a friendly relaxed atmosphere. We teach Marilyn, Charmaine, Tangoette, Balmoral Blues & many more. It is essential that you have shoes reserved for dancing. Footwear recommendations can be discussed with the leaders at your first class. Avoid rubber soles or runners; these are not only hard to dance in but may cause injuries.</p> <p>Thursday 2.00 – 4.00 Seniors Hall Class Leaders: Jenette and James Youngman</p>
Belly Dancing Beginners	<p>If you would like to learn the art of this ancient dance whilst at the same time have a lot of fun, this is the class for you..</p> <p>Wednesday 2.30 – 3.30 Seniors Hall 2nd & 4th Wednesday of the month Class Leader: Maria Makrides</p>
Belly Dancing Experienced	<p>This class is for the experienced Belly Dancer.</p> <p>Monday 2.30 – 3.30 Nunawading Community Centre stadium Class Leader: Maria Makrides</p>
Bonsai	<p>Simply looking at a few attractive Bonsai can restore one's calm and tranquillity. This is a practical course aiming to demystify the process of creating and maintaining your own Bonsai. Succulents will be used with traditional oriental Bonsai styles forming the low maintenance, dry tolerant landscape to cope with our water restrictions.</p> <p>Wednesday 9.30 – 11.00 Room 8 Terms 1 & 2 Class Leader: Joe Lau</p>

Card Game	<p>'Hand and Foot' If you enjoy playing this game or would like to learn, come along and join with other enthusiasts. Knowledge of cards is desirable. If you have played Canasta you won't have any problems with 'Hand and Foot'.</p> <p>Wednesday 12.15 – 3.00 Kiosk Area Silver Grove Class Leader: Barbara Ryder</p>
Chess - Experienced	<p>Come and join the world of Kings, Queens & Bishops with like-minded members. This is a class for experienced players only.</p> <p>Wednesday 1.45 – 3.45 Room 3 Class Leader: Klaus Kurfurst</p>
Chinese – See Languages	
Choir	<p>The choir comes together to enjoy a repertoire of music from all eras. Popular, Folk songs, Musicals & Christmas themes. There is an opportunity for singing in harmony & unison.</p> <p>Wednesday 10.45 – 12.00 Seniors Hall Class Leader: Maureen Milton</p>
Contract Bridge	<p>If you are an experienced player & enjoy a game of Bridge, join like-minded people & improve your skills.</p> <p>Monday 1.00 – 3.00 Namatjira Class Leader: Garnet Edwards</p>
Experienced: Supervised Play	
Beginners	<p>For those who would like to learn the basics of bridge with a view to advancing to the next class</p> <p>Monday 3.00 – 4.00 pm Namatjira Class Leader: Garnet Edwards</p>
Current Affairs	<p>Participate in lively discussion & debate on topical issues.</p> <p>Group A: Monday 11.45 – 12.45 Namatjira Group B: Wednesday 12.30 – 1.30 MPR Class Leader: David Gannon</p> <p>Group C: Wednesday 9.30 – 10.30 MPR Class Leader: Allan Brownrigg</p>
Drawing & Painting	<p>This is not a course for the beginner. This is a self help course with all members sharing their skills.</p> <p>Tuesday 1.30 – 3.00 Namatjira Class Leader: Annette Mason</p>
Drawing & Sketching	<p>Learn to draw and understand basic composition, perspective, contour, line and tone. Ideal for beginners & those with some experience. Relaxing & informative.</p> <p>Group 1: Thursday 11.15 – 12.30 MPR Class Leader: Paul Makinson</p> <p>Group 2: Thursday 1.00 – 2.30 MPR Class Leader: David Blain</p>
Exercise to Music	<p>Keep strong & healthy for longer, through gentle exercise to music with like-minded people</p>
Gentle	<p>Wednesday 9.45 – 10.30 Seniors Hall Class Leader: Karen Postill</p>
Moderate	<p>A level up from Gentle.</p> <p>Wednesday 10.00 – 11.00 Jaycees Hall Class Leader: Barbara Ryder</p>
Fit & Active Level 1	<p>A little more vigorous than moderate exercise to help you achieve a higher level of fitness</p> <p>Thursday 9.30 – 11.00 Seniors Hall Class Leader: Dianne Michael</p>
Fit & Active Level 2	<p>For those prepared to be a more energetic</p> <p>Tuesday 1.30 – 2.30 Jaycees Hall Class Leader: Dianne Michael</p>

Embroidery – See Needlecraft	
Feldenkrais: Awareness Through Movement	<p>Feldenkrais Awareness Through Movement (ATM) utilises the ability of the neuromuscular system to improve at any age. The lessons are based on the idea that awareness & focused attention will lead to greater improvement in function than force or effort. You may experience improvements in co-ordination, flexibility & balance. Many of the lessons are done lying on the floor, while others are done sitting or standing, or even in your imagination! You will need a towel to lie on for floor lessons.</p> <p>Wednesday 2.00 – 3.00 MPR Class Leaders: Anne Roberts</p>
French – See Languages	
Genealogy – Family History	<p>Do you have a difficult or missing branch on your Family Tree? Do you have a convict in your family? Do you have an elusive ancestor? Are you a member of Ancestry.com and not getting the most out of it? Would you like to become a member of Ancestry.com but don't know how? Course includes – How to collate your information and record keeping. Personal assistance is available after class.</p>
Experienced	<p>For Experienced and Advanced Genealogists/Family Historians Prerequisite – Genealogy/Family History for Beginners</p> <p>Friday 10.30 – 12.30 Conference Room. Forest Hill.</p>
Beginners	<p>Course covers how to collate your information & record keeping – charts & handouts supplied.</p> <p>Friday 2.00 – 4.00 Conference Room. Forest Hill Class Leader: Ingrid Nelson No Classes 1st Friday of the month</p>
Geology	<p>This year the class will study the geological history of the Earth. Then we will look closer at the geological construction of Australia.</p> <p>Thursday 9.30 – 11.00 MPR Class Leader: Phil Bock and Noel Schleiger</p>
German – See Languages	
Global Warming - Climate Change	<p>The course for 2012 continues earlier courses run by Peter Sharpin & Derek Williams. It will cover the basic science behind global warming & climate change as well as related current affairs. Group members are encouraged to raise issues & take part in all discussions. Our sessions will include videos & pod casts from various sources. We look at the reasons behind climate change denial.</p> <p>Tuesday 9.30 – 11.00 Plato Class Leader: Tony Kerr</p>
Greek Dancing Beginners	<p>For those who would like to learn the art of Greek Dancing. This is strictly for the beginner. You do not need a partner – just an ability to hear the rhythm of the music.</p> <p>Wednesday 1.00 – 2.30 Seniors Hall 2nd & 4th Wednesday of the month Class Leader: Maria Makrides</p>
Greek Dancing Experienced	<p>For those who attended beginners in 2011 or have experience in Greek Dancing. Bring a happy heart, come feel the music & get some exercise at the same time.</p> <p>Monday 1.15 – 2.15 Stadium Silver Grove Class Leader: Maria Makrides</p>
Guitar Beginners	<p>A class for the person who always wanted to strum away and make a melody.</p> <p>Friday 9.30 – 10.30 MPR Class Leader: Jack McLaggan</p>
Guitar	<p>A practical course based on the modern methods of playing to better enable players to realise the full potential of the classical guitar.</p> <p>Friday: 10.45 – 12.15 MPR Class Leader: Siggi Cronstedt</p>

Heraldry and Family Crests	<p>Would you like to investigate your Coat of Arms & Family Crest? This is a new course that will help you understand the meaning & origins of Family names, mainly of English & German origin. Course notes are available either on DVD or CD & can be purchased at the end of the lesson. Cost \$2.50 each.</p> <p>Monday 9.30 – 10.30 Plato Class Leader: William Verran</p>
History at Random	<p>There will be three topics presented:</p> <ol style="list-style-type: none"> 1. Ancient Greek civilisation. Ends with Alexander the Great. 2. Sinners and Saints – The Popes. This will be basically an institutional history, not a religious one. 3. Byzantine history. Covers the Empire set up by the Greeks in Constantinople when Rome fell to the Ottoman Turk conquest. <p>Thursday 2.45 – 3.45 MPR Class Leader: Jack Churchyard</p>
History: America Part I 1620 - 1900	<p>This course explores the story of how the United States of America developed from English, mainly Puritan, colonists in the seventeenth century, to the Revolution & Independence. The whole notion of America threatened to be blown apart in the Civil War, but the Union was saved, albeit at the expense of an entire civilisation. In the aftermath America became the land of entrepreneurs & big businessmen & a 'melting pot' for foreign immigrants. However, by the early twentieth century America emerged as a world power, yet she was reluctantly dragged into a European conflict from which she emerged as a powerbroker</p> <p>Tuesday 12.30 – 1.30 Rooms 5 & 6 upstairs</p>
America Part II 1900 – 2012	<p>The second part of the course covers the period from post-World War I to the present. America's isolationism between the Wars comes to an abrupt end with an attack on its naval base in Hawaii, but emerges from World War II as a world superpower, locked in a 'cold war' with its rival, the Soviet Union. After tracing the turbulent period of the 1960s & 1970s, & the Vietnam adventure, the course examines the recent right-to-left-&-back see-saw of American politics, & ends by asking <i>inter alia</i> how much of the original concepts enshrined in America's Founding Documents are still discernible in the America of today?</p> <p>Tuesday 2.00 – 3.00 Rooms 5 & 6 upstairs. Class Leader: Murray Adamthwaite</p>
History of Medicine	<p>Commencing with the pre-history era then will continue to Greek, Roman, Arabic and European medicine around the 16th century. Western medicine 16th to 18th century. The first medical revolution and finally the 20th therapeutic medicine.</p> <p>Wednesday 9.30 – 11.00 Room 9 6 sessions – Class commences 22nd February 2012 Class Leader: Elizabeth Pittman</p>
History Military	<p>This course covers a wide range of topics, from early classical times to the present day – the weaponry, strategies & tactics used, the reason for battles, campaigns & wars on land, sea & air.</p> <p>Thursday 9.30 – 11.00 Rooms 5 & 6 upstairs Class Leader: Rob Ellis</p>
Hydrotherapy	<p>Gentle warm water exercises to help keep fit & ease the aches & pains of arthritis or injury. A monthly fee is payable at the Silver Grove office at the beginning of each month to cover cost of hiring the pool.</p> <p>Group 1: Monday 10.00 – 11.00. Venue – Croydon Pool Group 2: Monday 11.00 – 12.00 Group 3: Wednesday 2.00 – 3.00 Class Leaders : Maureen Reid, June Ventouras, Liz Shave, Nicole Evered, Karen Ledwidge and Lisa Murray</p>
Indonesian – see Languages	
Italian – see Languages	
I Wonder	<p>Come on a journey of discovery of new insights into the life you live every day. We'll talk about such mundane things as a trip to the supermarket, the meals we eat, the clothes we wear, the cosmetics we use, the money that buys all these things, the way we speak. We're all informed – or are we?</p> <p>Tuesday 12.00 – 1.00 Namatjira Class Leader: Ken Clarke</p>

LANGUAGES	
CHINESE	
Chinese Beginners	<p>This class is for those who have little or no knowledge of Chinese. Chinese is taught both with Pinyin and characters. Students who learn characters generally make greater progress.</p> <p>Thursday 11.45 – 12.45 Room 3 Text Book “Ni Hao Book 1” Class Leader Beulah Gardiner</p>
Chinese 1	<p>Students are expected to have reached an elementary level of the language. Greater emphasis will be given to characters but Pinyin will also be used. The programme will take students through “Ni Hao” Book 2 covering topics such as daily routine, rooms of houses, clothes, shopping, visiting friends, making phone calls, eating & weather. Development in grammatical structure with the major emphasis on speaking & listening to the language.</p> <p>Thursday 11.15 – 12.15 Rooms 5 & 6. Text Book “Ni Hao Book 2” or alternative Class Leader: TBA</p>
Chinese 2	<p>Students should have a reasonably basic understanding of the language. There will be greater emphasis on character reading & oral presentation. However, Pinyin will also be used for those students who desire it.</p> <p>Thursday 12.30 – 1.30 Rooms 5 & 6 upstairs. Text Book “Ni Hao Book 3” Class Leader: TBA</p>
Chinese 3	<p>This course assumes that students have already completed “Ni Hoa Book 3” or an equivalent level. Students should purchase a good Chinese dictionary & also “Ni Hao 4”. This work covers mood personalities, leadership, friendship, school activities, being busy, work on computers, emails & websites, impressions of places, varieties of food, daily routine, environment protection, animals & so on.</p> <p>Thursday 9.00 – 10.00 Plato Text Book “Ni Hao Book 4” Class Leader: Keville Bott</p>
Chinese 4	<p>This course assumes a reasonable knowledge of Chinese. Students will be expected to have worked at the first half of “Ni Hao 4”. It is anticipated that students will bring their own Chinese dictionary. The study will be that outlined in the second half of the text book, “Ni Hao 4”. Students need to be familiar with a reasonable number of Chinese characters.</p> <p>Thursday 10.00 – 11.00 Plato. Class Leader: Keville Bott</p>
Chinese 5 Conversation Intermediate	<p>This is a conversation class for those who have completed Chinese 2 & 3 and wish to practise what they have learnt by putting it into conversation.</p> <p>Monday 1.00 – 2.00 MPR Class Leader: Margaret Riseley</p>
Chinese 6 Conversation Advanced	<p>This class is for reasonably advanced students. The emphasis will be on conversation but some advanced grammar will be introduced & the level of vocabulary will be extended. Students will be expected to have a reasonable knowledge of the commonly used Chinese characters. The topics will vary but many will stem from Chinese traditional customs & history. An attempt will be made to keep the material relevant & of contemporary interest. The teacher of this class is not a Native speaker.</p> <p>Thursday 11.00 – 12.00 Plato Class Leader: Keville Bott</p>

FRENCH	
French - Introduction	<p>If you would like to study French but don't know where to begin, this class could be the answer. You will be introduced to the joys & frustrations of learning the basics of this historic language in a friendly relaxed manner, while at the same time discussing cultural aspects with some history & geography</p> <p>Wednesday 1.00 – 2.00 Room 9 upstairs Class Leader: Ilsa Rose</p>
French 1	<p>If you have completed French Introduction 1, this is a continuation of that class. Moving on from the basics of this historic & beautiful language, we will explore some easy conversation, extend our grammar & generally have fun with French! There will be homework!!</p> <p>Monday 12.30 – 1.30 Room 9 upstairs Class Leader: Marline McAllister</p>
French 2	<p>If you have completed French introduction 2 or have a basic knowledge of the French language, this class will develop grammar and communication skills. Some geography & history will be explored as the mood takes us. There is homework!!</p> <p>Monday 11.00 – 12.00 Room 9 upstairs Class Leader: Marline McAllister</p>
French 3A	<p>Multi-faceted responses to a theme with relevant conversation. French culture activities. No homework or text books. Stress free!</p> <p>Wednesday 10.30 – 11.30 Seniors Meeting Room Class Leader: Luci Samson</p>
French 3B	<p>This class is at an Intermediate level for people with confidence to extend their French language skills by revision of grammar, the study of French culture and conversation.</p> <p>Tuesday 11.00 – 12.00 Seniors Meeting Room Text Book “French AS&A2 Elan Grammar Workbook” Class Leader: Ann Ruck</p>
French 4A	<p>This course will cover (1) A Workshop of Dialogues (2) Phonetics. (3) French culture Activities No homework or textbooks. Stress free!</p> <p>Wednesday 12.00 to 1.00 Seniors Meeting Room Class Leader: Luci Samson</p>
French 4B	<p>This is a course for students at intermediate level who have confidence to extend their French language skills by revision of grammar & the study of the French culture, including student research for brief talks & conversation.</p> <p>Tuesday 9.30 – 10.30 Seniors Meeting Room Text Book “French AS&A2 Elan Grammar Workbook” Class Leader: Ann Ruck</p>
French 5	<p>Study and discussion of aspects of modern French life and culture. Practice in understanding & speaking French combined with revision & fairly advanced grammar work.</p> <p>Tuesday 10.30 – 11.45 MPR Text Book “Essor” (Oxford) Class Leader: Mary Churchward</p>
French 6	<p>An exploration of French history & culture. Students research & give talks in French on famous people or on topics such as art, architecture, music, costumes etc., of the period. Also revision & advanced grammar work.</p> <p>Tuesday 12.45 – 2.15 MPR Class Leader: Mary Churchward</p>

<p>French Conversation 1</p> <p>French Conversation 2</p> <p>French Conversation 3</p>	<p>This class is for people who have a good basic knowledge of the French language (at least 3 years of school French) & who want to advance that knowledge by conversing about simple everyday topics in a friendly, relaxed way.</p> <p>Wednesday 2.15 – 3.15 Rooms 5 & 6 upstairs Class Leader: Ilsa Rose</p> <p>This level is aimed at those students who have completed French up to intermediate level. There is no formal grammar taught, the emphasis being on oral communication. You will be given material to study between classes. Content is presented in a relaxed way.</p> <p>Monday 9.30 – 10.30 MPR Class Leader: Elizabeth Smits</p> <p>Free-ranging discussion in French on topics of interest, such as social issues, current affairs, books, films & other media. A considerable degree of fluency in French is desirable.</p> <p>Group A: Tuesday 1.30 – 2.30 Plato Class Leader: Jacqueline Becu</p> <p>Group B: Tuesday 2.30 – 3.30 MPR Class Leader: Mary Churchward</p>
<p>GERMAN</p>	
<p>German 1</p> <p>German 2</p> <p>German 3</p> <p>German 4</p> <p>German Conversation</p>	<p>An introduction class for the German Language</p> <p>Friday 9.30 – 10.30 Room 3 Class Leader: Peter Goodwin</p> <p style="text-align: right;">Text Book “Colloquial German”</p> <p>A friendly beginners Plus group with a touch of German culture.</p> <p>Text Book “Deutsch Plus (new edition) BBC publication 2004)” available from bookdepository.co.uk</p> <p>Friday 9.00 - 10.45 Namatjira Class Leader: Del MacNeil</p> <p>This is a continuing class covering grammar, vocabulary and practice in understanding and speaking German.</p> <p>Friday 9.30 – 10.30 Plato Class Leader: Elizabeth Culliver</p> <p>For students who have been learning German for a number of years. The course aims at correcting grammatical errors, extending vocabulary, illustrating features where German language customs differ from the English & introducing German culture.</p> <p>Friday 12.45 – 2.00 Plato Class Leader: Monica Nickols</p> <p>This is a continuing class covering grammar, vocabulary & practice in understanding & speaking German.</p> <p>Friday 10.45 – 12.15 Plato Class Leader: Monica Nickols</p>
<p>INDONESIAN</p>	
<p>Indonesian-Beginners</p>	<p>Indonesia is becoming increasingly important for Australia. Find out more about the Language and Culture of Indonesia from a teacher of Indonesian background.</p> <p>Thursday 1.00 – 2.30 Room 3 Course Leader: Yanti Parry</p>

ITALIAN	
Italian Beginners	<p>If you would like to learn the romance of the Italian language now is your opportunity. This is a new class and no previous experience is necessary.</p> <p>Monday 11.15 – 12.15 Plato Class Leader: George Sharp</p>
Italian 2	<p>If you have some knowledge of the Italian language and would like to learn more, join this merry band of learners.</p> <p>Thursday 12.00 – 1.00 Seniors Meeting Room Class Leader: Donato Moretti</p>
Italian 3	<p>Further Italian for those who have completed 2 years of Italian or those who have a good knowledge of the Italian language. Text Book: “A Progressive Italian Grammar”</p> <p>Thursday 9.30 – 11.00 Room 9 upstairs Class Leader: Earle Ludekens</p>
Italian 4 Intermediate	<p>This is a self-help group of students who have studied Italian for several years. The emphasis is on revising & putting it into practice the grammar we have learnt. Our texts are “Progressive Italian Grammar”, “Buongiorno Italia” and lessons from the internet.</p> <p>Thursday 1.00 – 3.00 Room 9 upstairs Class Leader: Lesley Sinfield</p>
JAPANESE	
Japanese Complete Beginners	<p>Learn to read, write & speak Japanese at a leisurely pace. Text Book: “Japanese for Busy People 1” Revised 3rd edition Romanised version</p> <p>Thursday 12.15 – 1.45 Plato Class Leader: Yvonne de Sousa</p>
Post Beginners	<p>For those who have completed the course in 2011. New students with a basic knowledge most welcome.</p> <p>Text Book: “Japanese for Busy People 1” Revised 3rd edition Romanised version</p> <p>Friday 12.00 – 1.30 Rooms 5 & 6 upstairs Class Leader: Yvonne de Sousa</p>
Japanese Intermediate	<p>For anyone with the ability to read and write Hiragana and Katana and some knowledge of the language. New students welcome. Text Book: “Japanese for Busy People 1” Revised 3rd edition Romanised version</p> <p>Friday 9.00 – 11.00 Room 5 & 6 upstairs Class Leader: Yvonne de Sousa</p>

LATIN	
Latin Level 1	<p>If you enjoyed Beginners Latin and feel confident to continue or if you have already learned some Latin, you will be able to read more about the adventures of Caecilius and his family. You will continue to learn vocabulary, grammar and syntax while discovering many fascinating insights into the history and culture of Rome. The course book "Cambridge Latin Course Book 1" is available for class use.</p> <p>Wednesday 12.00 – 1.00 Plato Class Leader: Elaine Boucher</p>
Latin Intermediate	<p>Studied Latin Level 1, 2 & 3? Ready for more challenge? Discover the seamy political intrigues of the Roman Empire under Domitian. You will be learning more challenging grammar and vocabulary at this level, enabling you to read Roman writers and also offering new understanding of the structures of the English language.</p> <p>Wednesday 10.45 – 11.45 Plato Text Book: "Cambridge Latin Course Books 3 & 4" Class Leader: Elaine Boucher</p>
Latin Advanced	<p>You will gain deeper insights into Roman life and customs as we read more stories and poems from a variety of classical authors.</p> <p>Wednesday 10.45 – 11.45 Room 3 Text Books: As selected Class Leader: Elaine Boucher</p>
SPANISH	
Spanish 1	<p>This class is suitable for those who have studied one year of Spanish</p> <p>Tuesday 12.00 – 1.00 Room 9 upstairs Class Leader: Pili Jenkin</p>
Spanish 2	<p>Further Spanish for those who have knowledge of the language or have completed 2 – 3 years of study.</p> <p>Tuesday 9.15 – 10.15 MPR Course Leader: Rita Miller</p>
Spanish 3 - Conversation	<p>A class for those who wish to practise conversing in the Spanish language.</p> <p>Tuesday 10.30 – 11.30 Room 9 upstairs Class Leader: Pili Jenkin</p>
Spanish 4	<p>A more advanced level for those with proficiency in the Spanish language. Encompasses conversation & grammar as required.</p> <p>Thursday 10.00 – 11.30 Seniors Meeting Room Class Leader: Dora Baschuk</p>

Line Dancing	<p>Learn the steps, get fit & enjoy the health benefits of this popular exercise of dancing. You will need to have an appreciation of music and rhythm.</p> <p>Monday 10.00 – 11.00 Jaycees Hall Class Leader: Marie Pietersz</p>
Literature Appreciation	<p>Using selected books we discuss a wide range of literature including Australian, British, American and international authors. We examine the ideas & themes presented with some emphasis placed on the ways in which writers use settings, characterisation, plot and imagery to illustrate themes. Members will take turns at presenting the current book and leading the discussion. When available we view a DVD of the book we are discussing.</p> <p>Friday 11.00 – 12.15 Namatjira Class Leader: Barbara Worcester</p>
Mah Jong – Advanced – Western Style	<p>This is a fascinating ancient Chinese game played with small decorated tiles. Come along if you want a sociable & pleasant session once a week. Experienced players only. Western Style.</p> <p>Monday 9.30 – 11.30 Namatjira Class Leader: Beryl Pakes</p>
Mah Jong – Beginners and Advanced – Eastern Style	<p>This class is for those who know about or would like to learn the Eastern Style of playing Mah Jong. Enjoy the class in a very relaxed and socialable manner.</p> <p>Tuesday 1.00 – 3.00 Seniors Hall Course Leaders: Herbert and Stella Yim</p>
Meditation	<p>This class will teach & guide you to totally relax & look after your health & fitness. We start with exercising & breathing, then go into meditation. If time permits there will be discussion after meditation.</p> <p>Wednesday 12.00 – 1.30 Rooms 5 & 6 upstairs Class Leader: Carmen Bongailas</p>
Meditation with Movement	<p>An introduction to the Dharma Drum's Eight Form moving meditation. It incorporates the essence of Chan meditation into a series of simple physical exercises. In addition to physical exercise, the practice of the Eight Forms helps relax your body and mind. A walking & sitting meditation is also included.</p> <p>Tuesday 11.15 – 12.45 Seniors Hall Class Leader: Cam Lau</p>
Money Management & Understanding Finance	<p>This is a new course which will examine critical factors to be considered in the achievement of efficient management of personal finances. It will be a "hands on" approach on how to control your money rather than your money controlling your life.</p> <p>Tuesday 1.30 – 4.00 Room 9 7 weeks Commences 21st February Class Leader: Kath Cummings</p>
Music – The Development of Music through the Ages	<p>Music is universal and yet it is also relative and subjective. What may be music to one may not be so to another. Many changes have occurred over the centuries, yet music is still the universal voice of mankind. Learn more about this fascinating subject.</p> <p>Friday 12.45 – 2.00 MPR Class Leader: Lindsay Coker</p>
Music Ensemble	<p>"Silver Grove Swingtet" This group has the format of the classic Big Band of the Swing era. As the numbers and types of instruments required are dictated by the commercially available arrangements we use, there are limited opportunities for new members. However, if you have an instrument (particularly tenor or baritone saxophone) please contact the office to discuss the possibilities.</p> <p>Tuesday 8.30 – 11.00 Seniors Hall Class Leader: Brian Ruck</p>
Music Listening	<p>This informal group, with an inclination towards classical music, provides an opportunity to listen to & enjoy various musical styles, performers & instruments. Members of the group are encouraged but not obliged to prepare & present sessions of interest to them.</p> <p>Wednesday 9.30 – 10.45 Namatjira Class Leader: Neil McLachlan</p>

Music Makers	<p>The members of this group come together to play ensemble music from a variety of styles & periods; Recorders, guitars, flutes, violins, cellos, violas are welcome.</p> <p>Wednesday 1.00 – 3.00 Seniors Hall 1st and 3rd Wednesday of the month Class Leader: Vivien Spencer</p>
Music Recorder Beginners class	<p>A beginner's recorder class for those who would like to learn the treble recorder.</p> <p>Thursday 11.15 – 12.15 Room 9 upstairs Class Leader: Vivien Spencer</p>
Music – Recorder	<p>This class is for the experienced recorder player only. They have a lot of fun making music</p> <p>Thursday 12.00 – 4.00 Jaycees Hall 2nd Thursday of the month Class Leader: Peter Madge</p>
Needlecraft	<p>This class is designed to inspire needleworkers at any level to enjoy this craft.</p> <p>Thursday 12.30 – 2.00 Namatjira Class Leader: Leonie Clyne</p>
The New Consciousness: Living in the Present Moment	<p>Learn from ancient wisdom & modern science about the inevitable evolution of consciousness leading to peace, joy & love, also how it positively affects our health & longevity. Living in the Present Moment or Mindfulness can take you there now. Inspired by Eckhart Tolle's book "The Power of Now".</p> <p>Wednesday 9.30 – 11.00 Rooms 5 & 6 upstairs Class Leader: Wade Dickson</p>
Nordic Fitness	<p>Using your whole body to walk feels good & is great exercise. Increase your energy, pace & your fun at some parks you've never seen before. Cancelled if temperature over 28.deg. U3A Nunawading will supply poles for first term.</p> <p>Tuesday 2.00 – 4.00 Venues on notice board at Silver Grove Class Leader: Judi Millar</p>
Nordic Walking	<p>Walking with poles gives stability & allows some people, who have been unable to do so, to enjoy walking in parks & other nice places. We go to a different venue each week. Cancelled if temperature over 28.deg. U3A Nunawading will supply poles for first term.</p> <p>Thursday 2.00 – 3.00 plus. Venues on notice board at Silver Grove Class Leader: Judi Millar</p>
Pastels	<p>Learn to use the medium of pastels. This is a class that encourages your own style of work. Beginners & experienced members welcome. All subjects including still life, seascape etc.</p> <p>Thursday 2.15 – 3.45 Namatjira Class Leader: Annette Mason</p>
Patchwork & Quilting 1	<p>This is a class for the person with patchwork skills. Class projects set during the year.</p> <p>Tuesday 9.30 – 11.45 Namatjira Class Leader: Barbara Worcester</p>
Patchwork & Quilting 2	<p>This class is for people with patchwork skills. Beginners with sewing skills are also welcome. Class projects set during the year.</p> <p>Wednesday 11.00 – 1.00 Namatjira Class Leader: Jill Bale</p>
Patchwork & Quilting 3 Introduction to hand techniques	<p>Learn the basic skills to make a Sampler Quilt, while also becoming familiar with the terminology. All piecing and appliqué by hand. Over the year we will cover: Hand piecing, Needle turn, Broderie Perse and reverse Appliqué. Putting the blocks together, adding sashings and borders, basting and hand quilting. Making and applying the binding, then 'don't forget the label' This is not a class for the experienced patchworker.</p> <p>Thursday 9.15 – 12.15 Namatjira Class Leader: Judy Leckie</p>
Patchwork 4	<p>This class is for experienced Patchworkers only. It is a self-help group with class projects and guidance from Barbara Worcester.</p> <p>Thursday 9.30 – 11.30 Room 3 Class Leader: Lorraine Criss</p>

Philosophy Discussion	This is a "Philosophy in Action" group where applied philosophy including religion, science, politics, ethics, economy, economics & the history of philosophy are discussed. Wednesday 10.45 – 12.15 MPR Class Leader: Savvas Athan
Photography as a Hobby	For anyone who has a digital camera & interested in using it. Sessions will include basic use of your camera, composing your photos, editing & minor enhancements using a computer. The willingness to do simple homework with your camera is essential. Monday 2.45 – 4.00 Rooms 5 & 6 upstairs Class Leader: Archie Kaan
Play Reading	A variety of plays are read for the interest & pleasure of the group. Fluent, expressive reading ability is desired. Thursday 1.30 – 3.30 Seniors Meeting Room Class Leaders: Valerie Hewitt & Marjorie Steuart
Poetry for Pleasure	Read from your favourite poets, for pleasure. After reading the poetry aloud, it will be discussed in terms of historical context, meaning & literary value. Monday 2.30 – 4.00 Plato 1st & 3rd Monday of the month Class Leader: Geoff Salter
Positive Thinking, Meditation & Inner Searching	This course is for people who have completed the beginners course in previous years. The boundaries of the mind will be explored. Thursday 2.00 – 3.00 Rooms 5 & 6 upstairs Class Leader: Lyn Elliott
Public Speaking	Public speaking is a proven method of building self-confidence, raising personal morale & enhancing the ability to participate in & to enjoy social activities. Experienced speakers & learners are welcome. Meetings will follow an established program. Monday 9.30 – 10.45 Room 9 upstairs Class Leader: Keith Graham
Share Trading & Investing in Shares	A discussion group for those interested in investing & share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centered around weekly financial events. Wednesday 1.45 – 3.00 Seniors Meeting Room Class Leader: Eric Kratzer
Spanish – see Languages	
Table Tennis	Beginners as well as veterans of the game are welcome. New players will receive help & encouragement. Wear Casual dress & shoes with soles that do not mark the floor. Bring your own mug & \$4 for the use of facilities. Tuesday 10.00 – 12.00 Kilsyth Sports Centre, Liverpool Road, Kilsyth Class Leader: Riet Olifiers
Tai Chi 1 Qigong: Beijing 24	This is an advanced class for those who have knowledge of Qigong. It will proceed further to improve your balance & well-being by learning the beautiful and graceful movements of Beijing 24. Friday 9.00 – 10.30 Eley Park Community Centre Class Leader: Beulah Gardiner
Tai Chi 2 – Shibashi	Shibashi, a gentle & very beautiful Oriental exercise. Thursday 11.30 – 12.30 Seniors Hall Class Leader: Evelyn Bowman
Tai Chi 3 – Qigong	Tai Chi/Qigong exercises combine gentle body movements with mental concentration & breathing techniques to cultivate & activate our chi (vital energy). This helps strengthen both mind & body. We do a variety of exercises including Shibashi. The class is suitable for all levels of ability & experience. Friday 10.45 – 11.45 Eley Park Community Centre Class Leader: Lesley Sinfield

Tai Chi 4 Yang Style	<p>Traditional Tai Chi Yang Style is a recreational fitness system of flowing movements designed to exercise & develop the body & mind in unison. The movements are performed at slow & dream-like pace with deep concentration & diaphragmatic breathing to transport one into a tranquil relaxation. Some basic movements are required.</p> <p>Monday 12.00 – 1.00 Stadium, Silver Grove Class Leader: Jasmine Teen</p>
Tai Chi 5 – Yang Style	<p>This is a revision class for those who have completed Tai Chi 4. Refine Tai Chi movements to help coordinate your breathing.</p> <p>Thursday 12.45 – 1.45 Seniors Hall Class Leader: Frank Chai</p>
Tai Chi 6 – Wu Style	<p>For those who have an interest in improving their physical and mental health; reduce tension and increase concentration. The 108 movement set of the Wu style Tai Chi Chuan will be taught. Course will include some practice in martial arts skill, breathing exercise & simple form of meditation. Prerequisites – keen interest, persistence & regular practice is required.</p> <p>Wednesday 3.15 – 4.15 Stadium, Silver Grove Course Leader: Archie Kaan.</p>
Tatting – an Introduction	<p>Tatting is an ancient lace making technique. Some can trace its origins back to Ancient China. It is constructed by a series of knots & loops made with a ball & a small plastic shuttle.</p> <p>Thursday 2.00 – 3.30 Room Plato Class Leader: Yvonne de Sousa</p>
Walking	<p>Walking is one of the best weight-bearing exercises to keep you fit & healthy. Join the group & explore new territories starting at various points for different walks.</p> <p>Wednesday 10.00 – 12.00 Venue on notice board at Silver Grove Course Leader: Zolton Bardos</p>
Watercolour Painting A	<p>Learn to create sparkling watercolour pictures indoors or outdoors. Course is suitable for beginners or those seeking to develop further understanding of paint control, scene composition & simplification techniques. Equipment requirements will be advised in class.</p> <p>Monday 12.30 – 2.30 Rooms 5&6 upstairs Class Leader: Malcolm Buley</p>
Watercolour Painting B	<p>We will explore many varied techniques, from basic to more advanced, as we develop our skills & styles. Suitable for beginners & those with some experience. Equipment needs will be discussed at the first session.</p> <p>Wednesday 1.15 – 3.15 Namatjira Class Leader: Lindy Faulkner</p>
Woolcraft	<p>The Art and History of Knitting, Crochet & Tapestry. A class to suit knitters of all abilities, from beginners to advanced. Make the most of the therapeutic craft of knitting. Update your UFOs, learn how to knit a domino blanket.</p> <p>Tuesday 9.30 – 11.30 Room 3 Class Leader: Beverley Wright</p>
Word Puzzles	<p>Get those brain cells working! Come along and finish your week on a happy note!</p> <p>Friday 12.45 – 1.45 Namatjira Class Leader: Tom Wong</p>
Writing for Pleasure	<p>The aim of this course is to provide a supportive environment for personal writing: plus pleasure, enjoyment & intellectual stimulation.</p> <p>Tuesday 1.00 – 2.30 Seniors Meeting Room Class Leader: Jan Woodman</p>
Writing Skills	<p>If you have thought about writing stories, recording your experiences or writing more interesting letters, this class will endeavour to help develop your ideas & skills.</p> <p>Monday 2.30 – 4.00 MPR Class Leader: Vira Fitzgerald</p>
Yoga	<p>Yoga breathing exercises & relaxation techniques suitable for the mature age person.</p> <p>Tuesday 10.00 – 11.15 Rooms 5&6 upstairs Class Leader: Pritam Lal Aneja</p>

CLASSROOMS and LOCATIONS

U3A Nunawading Inc.

16-20 Silver Grove,
Nunawading, Vic. 3130

Telephone: 9878 3898

**Namatjira, Plato, Multi-Purpose,
Rooms 3, 5 & 6, 8, 9 and Stadium**
Nunawading Community Centre
16-20 Silver Grove, Nunawading

Seniors Hall & Meeting Room
Seniors Building,
22 Silver Grove, Nunawading.

Jaycees Hall
12 Silver Grove, Nunawading

Eley Park Community Centre
Eley Road, Blackburn South

Computer Centre & Conference Room
Level 1,
79 Mahoneys Road, Forest Hill

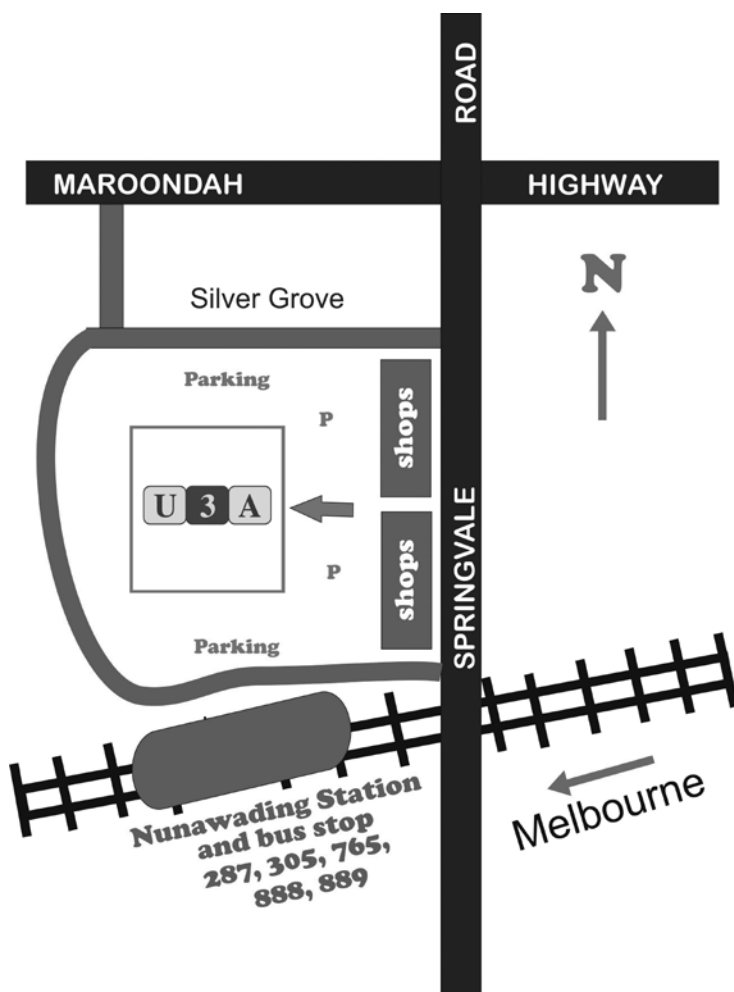
Croydon Leisure Pool
11 Civic Square, Croydon

Kilsyth Stadium
Liverpool Road, Kilsyth

Email: Course Administration
courseadminuna@bigpond.com

Email: General Administration
u3anuna@bigpond.com

U3A Nunawading Web Site
www.u3anunawading.com.au



U3A Nunawading – COMPUTER CLASS DESCRIPTIONS

Term 1 – Dates 6th February to 30th March, 2012

General Information - To attend any Computer class you must be a member of U3A Nunawading. Computer classes are held in the Computer Centre, Whitehorse Resource Centre, Level 1, 79 Mahoneys Road, Forest Hill.

A Multipurpose projector facilitates class demonstrations.

Prerequisites: Some classes have a prerequisite. Please read the description carefully to make sure you have the skills necessary to attend.

Our computer centre uses MS Windows 7 operating system and MS Office 2010 applications with Internet Explorer 9 for Internet and Outlook 2010 for email. Unless indicated you will need to have these applications loaded on your computer.

To ensure that you gain benefit from our classes your home computer should be running these programs.

There is a facility usage charge of \$20 for each computer course except where indicated. This fee is to be paid to the Silver Grove Office prior to commencement of your class.

CLASS TUTOR & START DATE	DESCRIPTION	DURATION, DAY & TIME
USING COMPUTERS FOR BEGINNERS Tutor : Joe Currey Starts – 13 th Feb	An elementary class for novice users. Gain the confidence to use your home computer. Covers from turning on the computer to basic hardware and essential software.	3 weeks Mon 2.00 – 4.00
WORD 2010 BEGINNERS Tutor : Helen Scallion Starts – 17 th Feb	Introduction to Word Processing covering keyboard functions, use of tool bars, how to manage & save files & folders. Learn how to create a simple document insert, delete and format text, bullet numbering etc, Prerequisites: Should have completed the “Introduction to Computers” class, or have ability to use keyboard & mouse. BYO memory stick.	6 weeks Fri 10.00 – 12.00
FILE MANAGEMENT Tutor : Terry Pearlgood Starts – 8 th Feb	This class will help you to effectively organise and manage the files that you create on your PC, covering how to create folder/sub-folder structures in Windows Explorer, and utilising file editing tools that WE provides. Prerequisites: Capability with mouse, basic understanding of how to use common applications, and desire to take control of your folders/files. BYO memory stick	3 Weeks Wed 1.00 – 3.00
WHAT'S NEW IN WINDOWS 7 Tutor : Graeme Hilson Starts - 16 th Feb	A hands-on class where you will learn how to use full and half screen, the magnifier, sticky notes, clocks, screen sharing, screen shake and much more. Class is suitable for those who have recently begun using Windows 7 on their home computers. Prerequisites : Able to efficiently use keyboard & mouse. BYO Memory Stick.	3 weeks Thur 1.00 – 3.00
RESEARCHING SHARES ON THE INTERNET Tutor : Eric Kratzer Starts – 15 th Feb	Hands on for beginners. Learn to research, find important Company data, interpret charts & the difference between fundamental & technical interpretation. 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, experience in using the Internet.	6 weeks Wed 10.00 – 12.00

<p>CREATING A WEB SITE</p> <p>Tutor : Barry Joy</p> <p>Starts – 14th Feb</p>	<p>A hands – on class on how to construct and develop a website using pre-configured designs and elements. Also includes how to publish it onto the internet.</p> <p>Prerequisites: Good computer operating skills. Must be experienced in navigating the Internet using an Internet browser, such as Internet Explorer. Ability to efficiently use keyboard & mouse. BYO memory stick.</p>	<p>4 weeks</p> <p>Tues 10.00 – 12.00</p>
<p>BEGINNERS INTERNET & EMAIL</p> <p>Tutor : Joe Currey</p> <p>Starts – 16th Feb</p>	<p>Introduction to the World Wide Web and Email through your computer. This class is designed for people with little or no knowledge of the Internet.</p> <p>Prerequisites: Ability to efficiently use a keyboard and mouse. Must have Internet connected at home, have your own email address and be using Outlook for home email. BYO memory stick.</p>	<p>3 weeks</p> <p>Thur 10.00 – 12.00</p>
<p>USING PICASA 3</p> <p>Tutor : Terry Pearlgood</p> <p>Starts – 7th March</p>	<p>Picasa is a free photo editing software from Google that makes your pictures look great. Improve, organise & edit digital photos including colour enhancement, red eye reduction & cropping. Images can also be prepared for external use such as email or printing. Compile web albums, view full screen slideshows, enjoy video playback & more.</p> <p>Prerequisites: Ability to efficiently use keyboard & mouse. Picasa will operate on any application of Windows Office. BYO Memory stick.</p>	<p>4 weeks</p> <p>Wed 1.00 – 3.00</p>
<p>GENEALOGY USING YOUR COMPUTER FOR BEGINNERS</p> <p>Tutor : Noelene McCulloch</p> <p>Starts - 17th Feb</p>	<p>This class will get you started on researching Australian & English ancestors. Includes introduction & instruction in using records on CD & some usage of the internet.</p> <p>Prerequisites: Competence in using a keyboard & mouse. Ability to use the Internet & email. This is a beginners class and definitely not for those who have already carried out research. BYO memory stick.</p>	<p>6 weeks</p> <p>Fri 1.00 – 3.00</p>
<p>USING FACEBOOK SAFELY</p> <p>Tutor : Nasrin Nassiri</p> <p>Starts – 8th March</p>	<p>Learn how to safely create a personal profile, add other users as friends & exchange messages. Receive automatic notifications of profile updates. Join common interest user groups. Choose privacy settings etc.</p> <p>Prerequisites: Good experience in using the Internet and ability to efficiently use keyboard & mouse.</p>	<p>3 weeks</p> <p>Thur 10.00 – 12.00</p>
<p>USING PAYPAL</p> <p>Tutor : Nasrin Nassiri</p> <p>Date 29th March</p>	<p>An easier & safer way to pay online without revealing your credit card number. A demonstration class. Hear how to safely use PayPal to send money to someone with an email address or mobile number & how to shop without sharing your financial information if buying items on eBay & hundreds of other similar sites.</p> <p>No Charge</p>	<p>1 Demonstration Session</p> <p>Thur 10.00 – 12.00</p>
<p>QUESTIONS & ANSWERS (Q & A)</p>	<p>Have you forgotten something? Do you need a reminder? Do you need help? Have your computer questions answered. No Charge.</p>	<p>1st & 3rd Thursdays of each month</p>

Please check your computer's software prior to enrolling as we teach using only WINDOWS 7 and Microsoft OFFICE 2010. We do not teach Apple Macintosh classes.

U3A Nunawading 2011 Quilts, Art and Crafts Exhibition

Box Hill Town Hall was abuzz with activity and excitement when the doors opened on Friday 9th October for the bi-annual weekend Quilts, Art and Crafts Exhibition.

The Main Hall, the Whitehorse Room and the Lower Town Hall had been a hive of activity the previous day. Art Leader, Annette Mason and her team set up the 180 artworks in the Lower Town Hall. Lindsay Glen and his team efficiently assembled the quilt stands and the patchworkers, led by Barbara Worcester, organised the 150 quilts in the Main Hall. Needlework Leader, Leonie Clyne,

Woolcraft Leader, Bev Wright, and Tatting Leader, Yvonne DeSousa and their teams, set up their respective displays in the Whitehorse Room. The Bonsai display was set up in the foyer by Brian Nicholson, on behalf of Class Leader, Joe Lau. Refreshments were provided by the Red Cross Box Hill branch.

The Exhibition was officially opened on Friday afternoon by the City of Whitehorse Lord Mayor, Councillor Ben Stennett, and was attended by other local dignitaries, invited guests, exhibitors and helpers. Cr. Stennett praised the high standard, quality and artistic talent of U3A Nunawading members and acknowledged the importance of U3A to seniors as a vehicle for community engagement and involvement.

The winners of the raffle, drawn on Sunday afternoon, were:

1st Prize
(quilt made by Judy Leckie's 2010 Patchwork Class) – Jean Wood

2nd Prize
(framed cross-stitch made by 2011 Needlework Class) – Wendy Roberts

3rd Prize
(pastel by Henry Curmi) – Jane Gilliard

4th Prize
(cushion made by Lesley Halstead) – A. Flatt

5th Prize
(cushion made by Lesley Halstead) – Rose Anne Stewart

As Course Administrator I thank all those who participated in the Exhibition, whether as exhibitors or helpers. This Exhibition helps spread the word of U3A and the valuable work the volunteers give to the community, whilst at the same time showcasing the talents of the various creative classes. Special thanks go to Barbara Worcester who, on my behalf, co-ordinated this Exhibition, with the able support of Annette Mason.

*Elsie Mutton
Course Administrator*

New Computer Class Term 1, 2012

We extend a warm welcome back to Barry Joy.

Barry was a valued member of our small band of Computer Leaders prior to moving to sunny Queensland, where he is now a member of U3A Broadbeach and is their Webmaster.

Barry has kindly offered to run a class for us whilst on a brief sojourn in Victoria.

“Creating a Web site” Will be a hands-on course where you will learn how to construct a website, publish it on the Internet etc. I am sure that this will be a very popular course, and thanks to Barry for offering it.

Dates, times etc for the above and other classes appear elsewhere in the Newsletter. We ask all students to carefully read the pre-requisites for all classes. These are designed to ensure that you will gain the maximum benefit from the class by having the experience necessary to attend. If you do not have the skills required, you make it very difficult for the Leader and also for the other students in the class.

*Noelene McCulloch,
Computer Course Co-ordinator.*

Computer Corner:

A series of anecdotes on the digital world

by Alan Stevenson



This edition's subject is Search Engines. We have all heard of Google and most of us use it in our day-to-day searches of the internet. However, there are many more search engines available for more specialised users – around 200 in fact. Whichever one you use, the search can be made easier with a little thought and basic knowledge of Boolean algebra.

For instance, a search on 'king arthur' will bring up the legendary king and many names such as Arthur King and even 'The king then said to Arthur, his servant...'

If you want King Arthur himself, put the search in inverted commas "king arthur" and it will only retrieve files where the two words appear together and in that order. Always search in lower case. If you want to find dogs but definitely not cats, search on 'dogs NOT cats'. If you want to do a search on files which have either dogs or cats but not both, then type 'dogs LOR cats' Typing 'dogs OR cats' will bring files with either dogs, cats or both.

Note that the search engine will read the first page of the file. Some smart operators who want you to read their file, will just put lots of key words on their first page white-on-white, so the engine picks them up and you can't see them. The joys of democracy and salesmanship!

Ballroom Dancing

Attention all single men!!! Or even married men whose wives do not enjoy dancing! Once again we are “suffering” from an oversupply of females. (Can you believe your luck?)

Our Ballroom Dancing classes are held every Thursday from 2pm till 4pm in the Seniors Hall.

Our leaders, Jenette and Jim, are very patient in their untiring efforts to teach beginners the art of Ballroom Dancing and to assist experienced dancers to progress through the many dances performed at the Box Hill and Hawthorn Town Halls and other suburban venues.



Rita Daley

Belly Dance

Maria Makrides explains some of the culture behind her exciting class

The origin of Belly Dance seems to be closely connected with the worship of Mother Earth and the Moon Goddess.

The undulating movement of the body and arms depicted by the movement of snakes, (in particular Ophion in the Greek creation myth, with Eurynome the Mother Earth), and water, which was closely associated with the Moon Goddess Aphrodite.

The swaying body often illustrates the swaying tree, while the flowing veil is a symbol of the wind.

The undulating or rolling movement of the abdomen was used to put emphasis on the “world egg” which was laid. You can see that this was one of the dances performed at love or fertility rites. Belly dancing provided exercise that helped women with childbirth and recovery afterwards.



The general aspect of the dancer was that of a bird, usually a swan, being one of the birds sacred to Aphrodite.

The movements of the head and neck, shaking of the shoulders and the quivering of the hips are all actions to be seen in the actions of birds.

Nowadays, this dance is still widely practised in Turkey, Egypt and Lebanon. In Egypt the belly dance is still very much a part of folklore and tradition.

It is a dance that promotes grace, flexibility, strength and co-ordination and it is accessible to women of all ages, shapes and sizes.

There are two ways of dancing belly dance. One is learning choreography and keeping your mind on what steps come next. The other way is learning a variety of steps so well that you don't have to think about them. You can then interact with the audience, smile, and be joyous and allow the movements and steps to come automatically, as the music inspires. This way is very liberating, as an inner impulse gives the dance movement and you feel free to let the spirit of the dance come through.

Performing this dance, for others or yourself, gives you the opportunity to dress up in a glamorous costume, enjoy your femininity and feel like a star, letting your inner Goddess shine forth.

Greek Dancing is fun, healthy and educational!

Early this year I enrolled in Maria Makrides' Greek Dancing classes as I wanted to get more exercise. Little did I know that I would also exercise my mind, learning the routines and insights into a foreign culture and history that I knew little about. Most of all, it is fun. In just 2 months after joining, I found myself performing in public with the Greek Dancing group!

For that performance, I had to quickly learn the Kalamatiano (national dance of Greece), the popular Zorba's dance, Misirlou (a dance based on the Rothitiko dance of Rhodes), and the soldiers' dance called Tsamiko. I did not mind the challenge as Greek dancing really is good fun.

Searching for more information, I discovered how significant dancing has been to Greeks

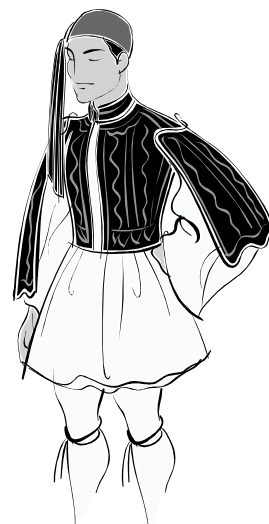
throughout history from earliest times, even in Homer's days. I found out many interesting things about the diversity of their music, costumes and dances. As an example, the free-form Zeimbekiko has its unique character because it was danced by men who were oppressed and suffering. They tried to dance away their sorrows, hence the focus was on the dancer's feelings and the expression through the moves, rather than exacting dance steps and form.

This year we have learnt some colourful new dances – Karagouna, a flirtatious dance from Thessaly, the joyous Kostillata dance, and Slow Hasapiko, a very rhythmic and popular dance. We performed these in Federation Square on 2nd October, in Seniors Week and also in the Whitehorse Spring Festival on 23rd October.

We are lucky to have such a dedicated leader, Maria, who is always cheerful, patient and so knowledgeable. Maria learnt from the late Nina Black, a teacher who learnt in the internationally famous Greek dancing society founded by Dora Stratou in Athens. No wonder some of our routines are so nice and authentic. Maria has often made the aprons, sashes and boleros used by her students in class and in performances, even though she does not particularly enjoy sewing much. She also does a lot of audio format conversion and editing work, to get the best dance music from old tapes, or vinyl records, onto CDs. What passion! In addition to the two Greek Dancing classes, Maria also teaches two Belly Dancing classes. What energy!

In spite of what I have learnt so quickly, there is clearly much more in Greek dancing, which means this will be a nice long journey.

Daniel Chen



VALE THOMAS PALFY

13th January, 1937 to 7th October, 2011

Thomas, who had never been a smoker, was diagnosed with lung cancer early in 2010. He underwent radical lung surgery and the subsequent chemotherapy, and was determined to beat the disease.

He had left his native Hungary following the crushing of the 1956 uprising by Soviet troops, and settled in Melbourne and worked as a Chemical Engineer retiring in 2002. After retiring he joined U3A Nunawading and for many years ran the popular "Definitely Digital" camera course and Photo Story 3 presentations, which were both in great demand.

Immediately after the cancer surgery he was beginning to feel sorry for himself, so decided to write a book about his cancer treatment journey. Titled "The Funny Side of Lung Cancer", he worked on the book on his lap top whilst in hospital, completing it while recuperating at home.

His positive outlook on life stood him in good stead and early in 2011 he was able



to enjoy the outdoors that he loved and also achieved his aim to complete what he would refer to as his last book, "Postcards from Hungary", a collage of beautiful photographs taken by him in his native land over many years.

He put up an outstanding fight, but the cancer ultimately won the battle and Thomas passed away on 7th October this year. A planner to the last, Thomas had prepared his own Power Point presentation to be shown at his funeral and the following email was sent shortly after his demise.

"Dear Family, Relatives and Friends!

I have to inform you, regretfully, that I passed away, am no longer alive. May I rest in peace!

Keep me in your good memory, may God bless you All! – Thomas

This message was not written by my ghost, I worded it while I was still alive. I have asked someone to forward it, as soon as I depart. This is soooooo typical of me, my final such activity."

He will be fondly missed by devoted wife, Susan, his daughter Angelica his several grandchildren and extended family and many friends.

Some thoughts about Tai Chi 4

by Lynne Jessup, Dianne Hardy, and Stewart Methven

Jasmine Teen's Tai Chi classes are very popular. Two of her students have written about their experiences so you can see why.

Stewart Methven writes:

"I have been a member of U3A Nunawading for two years. At the end of 2010 I became aware that a Tai Chi (Tai Chi 4) class was available in 2011. Having had some prior experience with Tai Chi practice I was interested in what was involved in the form offered 'Yang Traditional 108 Tai Chi form'. This form is similar to the number of movements in the style I had previously learned, that being the 'Authentic Yang 85' style.

Initially I was quite apprehensive about taking on another extensive style of Tai Chi. I thought the new movements might cause me overall confusion since, the fundamental principles of both forms are similar movements and their sequence is quite different. However, I did enrol for the Tai Chi 4 class. At the first class which was conducted in the gym at U3A Nunawading, I was amazed to find some 78 participants in 2 classes (Tai Chi 4 & 5).



All participants have persevered and are making very good progress. This is in no small measure due to the excellent work done by our instructor, Jasmine Teen. Her teaching style is clear in instruction, encouraging and supportive.

This is serious Tai Chi instruction aimed at good health and wellbeing outcomes. Such outcomes must be grounded in long term perspectives and daily practice. I believe that U3A Nunawading is very fortunate to have Jasmine as their Tai Chi instructor and motivator."

Lynne Jessup writes:

"I feel very fortunate to have discovered a Tai Chi class that suits my needs and that I can able to attend. I was nervous at the start to attend a class but this was overcome by the support of my sister, who also attends the class, and the friendly participants and teacher.

I find it a form of exercise that is like a moving meditation. The movements, done properly are just so graceful to do and watch. Not feminine or masculine but rather a balance of mind and body.

I also very much enjoy the warmth and accepting attitude of the other members of the class and would like to join Stewart in offering thanks to Jasmine for her support and help and best wishes to our fellow participants at U3A."

Geology Excursion to Yanakie

Neville and Robin Hatten generously invited the Geology Class to stay with them during the U3A October holidays, to explore the geology of the Yanakie region. In all, 15 of us were able to accept, including lecturer Phil Bock. The weather was superb for our purposes and the catering, (under Robin's guidance), exceptional.

Highlights included going into Wilson's Prom, (only recently re-opened), to see the wonderful consolidated sand dunes at one end of Darby Beach, with the massive Granite intrusion at the other. The enormity

of the March flooding was quite shattering to see, even 6 months later, and allowed us to understand the effects of weathering, with washouts and vegetation damage everywhere. The realities of metamorphic activity were brought to life, as Phil explained the huge zenoliths (inclusions) in the granite at Squeaky Beach and the enormous forces, resulting in folding of sediments, were wonderfully evident near the fault line at Walkerville. At Inverloch, while not finding any dinosaurs, we did find plant fossils at Eagles Nest.



TUTANKHAMUN EXHIBITION

On September 6th 2011 our Social Activities reached a new level with the enormous success of the tour to the Tutankhamun Exhibition at the Melbourne Museum. 90 members participated travelling in two coaches.

On the way Ken Clarke and Murray Adamthwaite gave an introductory talk in each coach on the history and the discovery of the Tomb of Tutankhamun which was appreciated by the members.

The jovial atmosphere was enhanced when Smiley bags of sweets were handed

around on the coaches. The actual tour took about 1½ hours, after which many participants availed themselves of the opportunity for a leisurely lunch before wandering back to the coaches for the trip home.

The whole tour went very smoothly with Annette Samuels, Barbara Ryder, Jenny Balshaw and myself attending to every detail on the day. My thanks also to David Uhr-Henry, Barbara Gardiner and Ross Peacock who helped prior to the event.

Bev Clarke

Farewell to Elisabeth Culliver

Recently the German classes celebrated with a lunch to farewell German class leader Elisabeth Culliver, who is moving to NSW.

Elisabeth started off as a student several years ago under Ingrid Vanderschaaf, and ended up in a teaching role. We had an idea, that Elisabeth had some background of the language, having lived in Switzerland for a while, but we didn't know she was so good, until she started teaching.

We are all grateful to Elisabeth for her work with us, and wish her all the best.

Get well Sheila

We are sorry to hear Sheila Moore, one of our founding members, is unwell. We wish her all the best and hope that she recovers speedily.



Uniting Care Community Options

I recently attended the Eastern Metropolitan Forum where they had speakers from Uniting Care.

They asked that we spread the news to you, our members who may reside in the Eastern suburbs.

If you care for someone or know of someone who is a carer, this organisation may be of help to you.

There are two organisations.

Direct2Care which offers services to help put you in touch with

- help at home with cleaning or housekeeping
- help with shower or dressing
- nursing
- allied health services
- food services
- social support
- basic home maintenance
- respite services

**If you wish to find out more call
1300 121 121**

The second group is Commonwealth Respite and Carelink Centre.

They support carers and provide practical assistance to individuals and families in Melbourne's East. Their aim is to support people to remain living at home and connected to their community.

**For contact call freecall 1800 059 059
or go to www.ucco.org.au**

Unfortunately this service is only available to people who reside in the Eastern suburbs.

*Elsie Mutton, President
U3A Network Victoria*

Thank You, Lesley Halstead

The Needlework Class would like to thank Lesley for being our Leader for the past six years.

Her knowledge, expertise, patience and encouragement has been appreciated by all.

Lesley will not be lost to us as she is continuing as a member of the class.

The Needlework Class

Mmmmm.....Marseille!

A study of Marseille, "la culture, la cuisine et l' histoire" by students of French 2A & 3A

What did I know about Marseille at the start of Semester 2? Not a lot.

I knew it was a port located on the Mediterranean Sea and was famous for its seafood. I remembered it from the film "Casablanca" as the exit port for refugees escaping from the Nazis. It had a reputation for "dodgy" activities. Some of us in the class had travelled in Provence but had not included it in our itinerary or had driven past the turnoff on the way to Avignon.

Wow! Did I have a lot to learn and what a fascinating journey.

Throughout Semester 2, Luci Samson, our French class leader, guided us on a tour to discover the history, the literary and artistic heritage and the truly multicultural character of the city and the region. Luci's personal experience and enthusiasm inspired us to overcome any negative stereotypes we may have held.

Did you know that the old port of Marseille was founded by Greek traders over 2,600 years ago? Or, that Alexandre Dumas used the L Île d'If, just off the coast as the model for the foreboding prison in the *Count of Monte Cristo*. Or, that Marcel Pagnol, French writer and film director took his inspiration from the people and the surrounding region?

Of course, the *Marseillaise*, National Hymn of France (although not composed there) was sung by volunteers travelling to Paris during the Revolution in 1792.

Along with all the information, Luci invited us to experience the food and wines of the region by providing us with recipes and a challenge to prepare a selection of Tapenades, Aioli, and delicious Fougasse bread. We enthusiastically discovered the delights of good goat's cheese and Cassis. We learned about Bouillabaisse (fish soup) and Moules Marinieres (mussels steamed in white wine). In fact our study was book-ended by food. Early in the Semester we held a food festival and another at the end of Semester to celebrate all we had gained.

What a thoroughly enjoyable sojourn. I now realise just how important an element Marseille has been in the history and evolution of the essential character that is *La Belle France*.

Oh, by the way, if I ever get another opportunity, I will not rush past but take that turnoff to Marseille.

Thanks Luci from all of the class.

Lorraine Chapman French 2A



French class members enjoy the Marseille food festival



Luci (at right) and Haideh Winter tuck in

Volunteers Needed

Recently our Executive members discussed at some length a number of issues relating to succession planning and operational needs. We would welcome assistance in the following areas:

Vice President: President Elect - (President from August 2012)

Computer Centre: (Forest Hill) Members with an IT technical interest/expertise to share the routine maintenance tasks in our new facility.

Silver Grove: (Open/Close Routines) Volunteers would join a roster for either an AM or PM role between the approximate times of: AM 8.45 to 9.30 – PM 3.00 to 4.00 (Monday – Friday).

The AM role in the main covers preparation of the office for the day's activities and in the PM checking of classroom/office lock down procedures.

Database: (Technical & Administrative Support) Volunteers would help to support and maintain the Database that we use to record member details and allocation to classes. Training would be given to enable members to familiarise themselves with 'Access' software and implementation procedures. The program of work that we initially envisage undertaking over the next twelve months includes:

1. Documentation of the current system.
2. Developing an operation manual that supports day to day activity.
3. Migration to the latest version of 'Access' (2010).

If you are able to assist please call me at Silver Grove on 9878 3898.

*Leo Sargent
President*

YOUR COMMITTEE FOR 2011/2012		YOUR COMMITTEE ... cont'd	
Executive			
President:	Leo Sargent	Doreen Betts	Beng Lee
Vice-President:	(Vacant)	Allan Brownrigg	Andrew Lockwood
Secretary:	Barbara Worcester	Barbara Gardiner	Brian Nicholson
Treasurer:	Tom Wong	Lindsay Glen	Maureen O'Sullivan
Course Administrator	Elsie Mutton	Archie Kaan	

OPERATIONAL DATES 2011

Terms	Commence	End	Weeks	Public Holidays
4	10th October	2nd December	8	Melbourne Cup 1st Nov

KEY DATES FOR 2011

Functions	Date
End of Year Function (Eley Park)	Friday 2nd December
Office Vols. Function	Monday 5th December
Leaders Function	Thursday 8th December

OPERATIONAL DATES 2012

Terms	Commence	End	Weeks	Public Holidays
1	6th February	30th March	8	Labour Day 12th March
2	16th April	29th June	11	Anzac Day Wed 25th April Queens B/day 11th June
3	16th July	21st September	10	
4	8th October	29th November	8	Melbourne Cup 6th Nov

Note: Easter Holidays Friday 6th April to Monday 9th April

KEY DATES FOR 2012

Functions	Date
Planning Day	Monday 23rd January
Leaders Information Day	Thursday 2nd February (am)
Office Vols. Orientation	Thursday 2nd February (pm)
Annual General Meeting - Classes cancelled	Wednesday 22nd August
Carnival of Learning	Sunday 7th October
Whitehorse Spring Festival	Sunday 21st October (tentative)
Office Vols. Function	Monday 3rd December
Leaders Function	Thursday 6th December

SOCIAL FUNCTIONS 2012

Functions	Date
End of 1st Term Function	Wednesday 28th March
Mid -Year Function	Wednesday 4th July
Cup Day Function – No classes	Monday 5th Nov
End of Year Function (Eley Park)	Tuesday 6th November
	Friday, 30th November

Office Hours During term, Office Volunteers are stationed on duty at Silver Grove, Monday to Thursday 9.30am to 3pm; Friday 9.30am to 12.30pm. The Office is closed during term breaks and on public holidays.

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