



Kingston University of the Third Age Inc.  
(Editor: Jackie McInroy and Patricia Rice)

*"Friendship in Learning"*

---

Newsletter, Volume 18, No. 1

Term 1, 2012

---

### **PRESIDENT'S REPORT 2012 A.G.M.**

We have enjoyed another year of modest growth. Year after year we require more from our tutors, volunteers and committee to maintain the environment of fun, warmth and personal achievement that a growing and vital Kingston U3A provides. Our gratitude for the work of tutors, volunteers and committee cannot be overstated.

We again strengthened our relationship with Kingston City Council and continue to receive their generous support as well as funding from the State Government and support from the office of Mark Dreyfus.

Kingston U3A was involved in a number of community events this year. We took part in the "Fun for Over 50s" expo in Kingston in June. In October we participated in the "U3A Carnival of Learning" at Federation Square. Late in October we conducted a "Kingston U3A on Display" in Chelsea. This was a major undertaking supported by Kingston Council. Many thanks are due to all of those who worked hard to make the events the successes they were. We have been able to continue the Tai Chi for Arthritis originally run by Central Bayside Community Health Services; classes are at the same time and place as previously.

Unfortunately, despite our best efforts we have had to discontinue some classes at Chelsea as we cannot afford to subsidise courses run for very small numbers of attendees.

We have continued to make our premises more comfortable for students and more conducive to enjoyable and relevant learning experiences. Our computers have been updated with the latest operating systems and suites of office programs largely due to the generous support of Microsoft which provides very cheap software for not-for-profit organisations.

We are always looking for new ideas. If you have ideas for classes it is in the interest of all of us to let the committee know so we may begin to make plans. Use the member feedback box in the Courthouse foyer to tell us how we might make our U3A even better for members.

Thanks to the Committee members, volunteers and tutors who have decided to continue. Their efforts ensure that we continue to meet the needs of members and that we are well placed to take advantage of opportunities to offer more. There are always vacancies on the committee, for volunteers and for tutors who are prepared to contribute to our friends in Kingston U3A – the experience is always personally rewarding. Think seriously about getting involved!

Don McDonald.

<p><b>We sincerely thank Mark Dreyfus QC, MP and Federal Member for Isaacs, for his assistance in producing this news letter.</b></p>
---------------------------------------------------------------------------------------------------------------------------------------

## **ENROLMENTS**

Members are reminded that there is NO NEED to enrol in classes that you are continuing on in, it is only if you want to start a NEW class that you need to fill out an enrolment slip; these are available at the office.

## **ESSENTIAL COOPERATION**

Members are reminded that in order for classes to continue to run smoothly everyone has to work together. All rooms should be returned to the state in which you find them, tables folded and put in the appropriate place, chairs stacked, no more than **three** deep, please stack like on like, there has been problems with chairs being jammed onto each other, lights, equipment and air conditioning or fans turned off.

Some of our larger classes organise their morning or afternoon tea in the foyer, it is not possible for them all to fit in the kitchen. We request that other classes held at these times please use the kitchen facilities rather than emptying the urns in the foyer. A little consideration and the use of simple good manners makes life easier and more pleasant for everyone!

## **MEMBERSHIP BADGES**

Your membership badge is your way of showing you are proud to be a member of KU3A and also makes it easier to introduce yourself to other members and for them to say "Hello" to you. Please wear your badge to class and to any other KU3A function. A hand bag was taken from the premises, if everyone wears their membership badge it is easier to recognize strangers in our midst, please wear your badge!

## **IN MEMORY**

We are sorry to inform all U3A members that the following members passed away suddenly during the summer break; xxx. X was a valued office volunteer, all three attended many classes and will be sadly missed by those who knew them.

## **EXPLAINING CRYPTICS**

Anagrams are used a lot in cryptics and can be very hard to spot. They are indicated by such words as; wild, about, cooked, strange, angry, wrecked, in fact any word that suggests movement or rearrangement.

Eg.

A) Need to move to Paradise. If you move the letters of need you make Eden.

B) Lied about being unemployed. "About" is the anagram word. Move the letters of lied about to get idle.

The number of letters needed in the answer is an indication of the word or words you need to work on.

Try These:

1. Darkness is a strange thing. (5)
2. Loans negotiated for a beauty parlor. (5)
3. A disturbed nap is in the kitchen. (3)
4. Strangely precise can be instructions. (7)
5. Canoe wrecked is a large sea. (5)
6. The bulb is strangely lit up. (5)
7. Underwear made from fibres.(6)
8. Irregular forces in decoration. (6)

## VIAL OF LIFE PROGRAM

It would be desirable for all U3A members to place a completed Quota Vial of Life leaflet in the plastic wallets provided and then place it behind their membership badge. Another could be placed in your bag or wallet for when you are not on our premises. This information is invaluable should you fall ill or have an accident, it ensures that all your medical needs can be taken into consideration when being treated.

A display box of the FREE Vial of Life wallets is in the foyer of the Courthouse.

## IMPORTANT DATES

Friday 30 <sup>th</sup> March	Term 1 ends
<b>Monday 16<sup>th</sup> April</b>	<b>Term 2 begins</b>
Monday 16 <sup>th</sup> April	Committee Meeting 8.45
<b>Monday 23<sup>rd</sup> April</b>	<b>Blood Bank, no classes in Allan McLean Hall</b>
Wednesday 25 <sup>th</sup> April	Blood Bank, no classes in Allan McLean Hall
<b>Monday 21<sup>st</sup> May</b>	<b>Committee Meeting, 8.45</b>
Monday 11 <sup>th</sup> June	Queen's Birthday holiday – no classes
<b>Friday 15<sup>th</sup> June</b>	<b>Mercury deadline</b>
Monday 18 <sup>th</sup> June	Committee Meeting, 8.45
<b>Friday 29<sup>th</sup> June</b>	<b>Term 2 ends</b>
Monday 16 <sup>th</sup> July	Term 3 begins
<b>Monday 16<sup>th</sup> July</b>	<b>Committee Meeting, 8.45</b>

## KNOW YOUR COMMITTEE

**President - Don McDonald**, chairs meetings, tutors and attends to all computer matters.

**Vice President – John Mitchell**, Don's deputy, represents Kingston U3A at Network.

**Secretary – Joan Speirs**, prepares meeting agendas, records all meetings, deals with the mail and attends to all relevant matters.

**Treasurer – Reg Marlowe** manages our finances and keeps us solvent.

**Member – Margaret Gommers**, in charge of computers and tutors.

**Member – Margaret McDonald**, assistant Treasurer and tutor.

**Member – Margaret McKay**, Program Officer, coordinates all classes.

**Member – Dorothy Morrison**, Publicity Officer arranges for exposure of U3A activities.

**Member – Norma Morrison**, assistant to the Program Officer.

**Member – Patricia Rice**, editor of Mercury.

**Member – Judy Taylor**, Events Coordinator also covers liaison with Parkdale S.C.

**Member – Paul Thompson**, Equipment Officer, makes necessary purchases and ensures equipment is working.

**Member – Jan Woods**, Office Manager, coordinates the running of the Office.

**The Committee is constantly supported by and grateful to all the volunteers who make our U3A function.**

# PROGRAM for TERM 2 2012

## 16 April – 29 June



Register for any of the programs by mail (P.O. Box 5123, Mordialloc 3195) or by calling at our office in the Old Court House, 37 Albert Street, Mordialloc. Members of other U3As may become Associate members and attend courses on payment of \$20 per year.

Phone enquiries on **9580 832**

Please register or make visitor arrangements **before** presenting yourself at a class.

**Please notify the office with your apology if you are unable to attend any class or if you withdraw from a class, so that the place may be re-allocated.**

### MONDAYS 16 April – 25 June

COURSE	DESCRIPTION	TIMES & DATES	LOCATION	TUTOR
Social Studies	Convenors with guest speakers.	<b>10.00 – 12.00</b>	Court House Room 1	
French – Intermediate	For those with some knowledge of French including grammar & sentence structure.	<b>10.00 – 12.00</b>	Lewis House Main Room	
Italian for Travellers	Useful phrases for travelling around Italy	<b>10.00 – 12.00</b>	Lewis House, Front Room	
<b>Computer - Introduction to Computers using Word 2007</b>	For beginners who wish to learn how to create documents, letters etc., and to edit and save files. Students must have access to Word 2007. Cost \$20	<b>10.00 – 12.00</b> May 7, 14, 28 June 4	Lewis House Computer Room Max: 4 Min: 2	
Walking for Fun & Fitness	Meet at xxx on Beach Road at the end of Epsom Road Mordialloc	<b>10:00 – 11:30</b>	xxx	
Basic French	Aims to develop basic knowledge of French vocabulary, grammar and pronunciation.	<b>10.30 – 12.00</b>	Court House Room 2	
Line Dancing	Low Impact Line Dancing. An hour of fun and exercise.	<b>1.00 – 2.00</b>	Allan McLean Hall	
Speaking with Confidence	Most people fear dying and public speaking. Learn to read out loud for your audience. Talk about your creative pursuits to interested participants.	<b>1:00 – 3:00</b> <b>1<sup>st</sup> Mondays</b> 7 May, 4 June	Court House Room 1	
Gardening	Informal discussions on gardening, workshops, exchanging plants and ideas. Occasional guests and visits to gardens.	<b>1.00 – 3.00</b> <b>3<sup>rd</sup> Mondays</b> 16 April, 21 May, 18 June	Court House Room 1	
Book Discussion (1)	Diverse range of books. Kingston library supplies many copies but helpful to use other libraries.	<b>1.00 – 3.00</b> <b>4<sup>th</sup> Mondays</b> 23 April, 28 May, 25 June	Court House Room 1	
Book Discussion (2)	Diverse range of books	<b>1:00 – 3:00</b> <b>4<sup>th</sup> Mondays</b> 23 April, 29 May, 25 June	Court House Room 2	

Scrabble	All welcome – learners and experts	<b>1:00 – 3:00</b>	Lewis House Front Room	Group Co-ordinated
<b>Computer-</b> Basics for Beginners XP & Word 2003	For those with Windows XP and Word 2003 or earlier versions  Cost \$25	<b>1:00 – 3:00</b> April 30 May 7, 14, 28 June 4	Lewis House Computer Room	
Tai-Chi for Health	Cost: Gold coin donation	<b>1.30 – 2.30</b>	Neimann Hall Chelsea	
Tai-Chi for Health	Cost: Gold coin donation	<b>3.00 – 4.00</b>	Neimann Hall Chelsea	

## **TUESDAYS 17 April – 28 June**

<b>COURSE</b>	<b>DESCRIPTION</b>	<b>TIMES &amp; DATES</b>	<b>LOCATION</b>	<b>TUTOR</b>
Classical Yoga Average Standard	Postural awareness, spinal exercise, yoga posture, breathing and deep relaxation. \$5 per lesson	<b>9.15 – 11.00</b>	Court House Room 2	
Marquetry	Learn to create articles of beauty from wood veneers.	<b>9.30 – 12.00</b>	Court House Room 1	Group Coordinated
<b>Art –</b> Water-colour Painting	For people with some skills in drawing and water-based painting technique.	<b>9.30 – 11.30</b>	Dingley Neighbourhood Centre	
Thinking Differently	Psychology, philosophy and more in informal discussions that are often humorous.	<b>10.00 – 12.00</b>	Lewis House Main Room.	
<b>Computer –</b> Organising Files and Folders	How to store your valuable information – letters, photos etc in an orderly manner and find them again. Cost: \$15	<b>10.00 – 12.00</b> April 24 May 1, 8	Lewis House Computer Room Max: 6 Min: 3	
<b>Computer –</b> Shopping on the Internet	Online shopping covering e-bay, security issues and payment methods. Buying overseas. Cost \$15	<b>10.00 – 12.00</b> May 22, 29 June 5	Lewis House Computer Room Max: 6 Min: 3	
<b>Choir –</b> <i>Vivace Voices</i>	New members with committed interest in choir singing warmly welcomed. Experience not necessary.	<b>10.15 – 12.00</b>	Mentone RSL Palermo Street	
Chair-Based Yoga	\$5 per session	<b>11:00 – 12:15</b>	Court House Room 2	
Mah Jong	Newcomers welcome.	<b>12:45 – 3.00</b>	Court House Room 2	
Rummikub	A stimulating game requiring a large measure of strategy and a small dose of luck.	<b>1:00 – 3:00</b>	Lewis House Main Room	
Painting with Oils	A friendly group with knowledge of oil painting.	<b>1.00 – 3.00</b>	Dingley Neighbourhood Centre	
Current Affairs	Informal discussion of everyday happenings. Guest speakers. Participants invited to contribute.	<b>1.30 – 3.00</b>	Dingley Neighbourhood Centre	

**WEDNESDAYS 18 April – 27 June**

<b>COURSE</b>	<b>DESCRIPTION</b>	<b>TIMES &amp; DATES</b>	<b>LOCATION</b>	<b>TUTOR</b>
Aerobics	Exercise to music for mobility, strength, balance, flexibility, circulation, breathing and coordination. \$2 per session	<b>9.30 – 10.30</b>	Allan McLean Hall	
Genealogy and Family History	Access genealogical services, join discussions and lectures. \$10 per term, pay at class.	<b>9.30 – 11.30</b>	Lewis House all rooms	Group co-ordinated
Astronomy	Enjoy the marvels of the heavens.	<b>9.30 – 11.30</b>	Court House Room 1	
Freehand Drawing & Watercolour Painting	Freehand drawing and other media. All welcome, beginners and advanced.	<b>1.00 – 3.00</b>	Court House Room 1	
The Foundations of Western Civilisations	We explore civilisations of ancient Egypt and Mesopotamia to the classical age of Greece and Rome. Our lectures conclude around 1600 CE.	<b>1:00 – 3:00</b>	Court House Room 2	
<b>Computer – Publisher</b>	An introduction to Microsoft Publisher 2003. Make your own cards etc. Must be competent in Microsoft Word. Cost: \$15	<b>1:00 – 3:00</b> May 16, 23, 30	Lewis House Computer Room Max: 6 Min: 2	
Italian	For beginners and those with some experience	<b>12:00 – 1:30</b> <b>(beginners)</b> <b>1.30 – 3.00</b> <b>(experienced)</b>	Lewis House Main Room	
Dine-out Group	Have fun dining with a happy group. See Noticeboard for details.	<b>7.00 pm</b> (3 <sup>rd</sup> Wed) 18 April, 16 May, 20 June	Various venues	

**THURSDAYS 19 April -27 June**

<b>COURSE</b>	<b>DESCRIPTION</b>	<b>TIMES AND DATES</b>	<b>LOCATION</b>	<b>TUTOR</b>
Art – Oil Painting	Caters for ability and experience from beginner to advanced, in drawing and oil painting	<b>9:30 – 11:30</b>	Dingley Neighbourhood Centre	
Poetry Appreciation	Foster a love of poetry and discover different types and levels of expression.	<b>10.00 – 12.00</b>	Court House Room 2	
Play Reading (1)	Light hearted plays and informal reading	<b>10.00 – 12.00</b>	Lewis House Front Room	
Play Reading (2)	Release your inner Bogart and Bacall!	<b>10.00 – 12.00</b>	Lewis House Main Room	Group Co-ordinated
<b>Computer – Internet</b>	Presented in XP, Vista or Windows 7 and covering all the basic aspects of Internet on Google. Cost \$15	<b>10:00 – 12:00</b> April 26 May 3, 10	Lewis House Computer Room Max: 6 Min: 2	

<b>Computer – E-mail</b>	Presented in XP, Vista or Windows 7 and covering all the basic aspects of E-mail in either Outlook Express, Windows Mail or Windows Live Mail. Keeping you in touch with family and friends. Cost \$15	<b>10:00 – 12:00</b> May 17, 24, 31	Lewis House Computer Room  Max: 6 Min: 2	
How and Why	Come along and learn how and why things at home and further afield work. Have fun whilst learning.	<b>12.45 – 2. 45</b>	Court House Room 1	
<b>Still In The Pink Singers</b>	Enjoy singing old and not-so-old popular songs. New members welcome	<b>3.00 – 4.30</b>	Court House Room 1	
Craft Group	Help & guidance for all types of craft- eg patchwork quilts & tote bags, knitting, crochet, card-making. Learn something new! New ideas welcome.	<b>1.00 – 3.30</b> 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Thursday 19 April, 3, 17, 31 May, 7, 21 June	Lewis House Main Room	
Meditation	Lesson and discussion. Gold Coin donation	<b>1:30 – 2:30</b>	Court House Room 2	
Sudoku	Learn the tricks and practice Sudoku.	<b>1.00 – 3.00</b>	Lewis House Front Room	
Photography	Practical help. Mostly digital. Suitable for practical competitions and exhibitions. Regular outings and occasional overnight stays in more distant locations.	<b>12:00 – 2:00</b>  <b>12:00 – 2:00</b>	Parkdale Yacht Club & various locations. Must contact tutor via the office.	
Oil Painting	Caters for ability and experience from beginner to advanced, in drawing and oil-painting.	<b>1.00 - 3.00</b>	Dingley Neighbourhood Centre	

### FRIDAY 20 April – 29 June

<b>COURSE</b>	<b>DESCRIPTION</b>	<b>TIMES AND DATES</b>	<b>LOCATION</b>	<b>TUTOR</b>
Solo	Friendly group. New members welcome.	<b>9.30 – 12.00</b>	Court House Room 1	
Writing for Pleasure (1)	Exploring aspects of writing and expression.	<b>10.00 – 12.00</b>	Court House Room 2	
<b>Computer-</b> Photos from camera to computer	Download photos from camera to computer. Enhance with Picasa . Cost \$15	<b>10:00 – 12:00</b> Max: 4 Min: 2 May 4, 11, 18	Lewis House Computer Room	
Finance Class	Investment and financial discussion <b>(No financial outlay involved)</b>	<b>10.00 – 12.00</b>	Lewis House Main Room	

Bridge	Beginners and experienced players are welcome to join	<b>10.00 – 12.00</b>	Lewis House Front Room	Group Co-ordinated
Writing for Pleasure (2)	Exploring aspects of writing and expression.	<b>10:00 - 12:00</b>	For venue info, please ring Kingston U3A office.	
Let's Lunch	Restaurants in Kingston & Bayside areas See Notice Board for details	<b>12.15 for 12.30 pm</b> First Fridays 4 May, 1 June	Various venues	
Cryptic Crosswords	Learning to do cryptic crosswords. Beginners welcome.	<b>1.00 – 3.00</b>	Court House Room 2	
Current Affairs – Australia and The World	A discussion group, events, issues and people in the news	<b>1.00 – 3.00</b>	Court House Room 1	

**SEE THE FULL PROGRAM (ABOVE) FOR COMPLETE DETAILS OF THESE COURSE**

<b>Monday</b>	<b>Times and Dates</b>	<b>Cost</b>
Introduction to Computers using Word 2007	10:00 – 12:00 May 7, 14, 28, June 4	\$20
Basics for Beginners XP and Word 2003	1:00 – 3:00 April 30, May 7, 14, 28, June 4	\$25
<b>Tuesday</b>		
Organising Files and Folders	10.00 - 12.00 April 24, May 1, 8	\$15
Shopping on the Internet	10.00 – 12.00 May 22, 29, June 5	\$15
<b>Wednesday</b>		
Publisher	1:00 – 3:00 May 16, 23, 30	\$15
<b>Thursday</b>		
Internet	10:00 – 12:00 April 26, May 3, 10	\$15
E-mail	10:00 – 12:00 May 17, 24, 31	\$15
<b>Friday</b>		
Photos from camera to computer	10:00 – 12:00 May 4, 11, 18	\$15

**PLEASE NOTE: We do not offer courses for Macintosh**

Cryptic Answers.

1. Night. 2. Salon. 3. Pan. 4. Recipe. 5. Ocean. 6. Tulip. 7. Brief. 8. Fresco.

## **OUR CLASS LOCATIONS**

MORDIALLOC :

**Courthouse**, 37 Albert Street. **Lewis House**, 2A Lewis Street. **Allan McLean Hall** Cnr Lewis and Albert Streets

MENTONE: Mentone RSL 9 Palermo Street.

DINGLEY VILLAGE : Neighbourhood Centre, 31B Marcus Road.

CHELSEA : Neimann Hall, 14 Baxter Avenue.

## **OUR CONTACT DETAILS**

Kingston U3A Inc. PO Box 5123, Mordialloc, Victoria 3195.

Email : [u3akingston@aanet.com.au](mailto:u3akingston@aanet.com.au) Website : <http://web.aanet.com.au/u3akingston>

Office Hours : 9.30 am to 12.30 pm Monday to Friday at The Old Courthouse, 37 Albert Street Mordialloc.

Phone (03)95808328 during office hours or leave a message.

## **Benefits of Growing Older**

Kidnappers are not very interested in you.

In a hostage situation you are likely to be released first.

It's harder and harder for sexual harassment charges to stick.

No one expects you to run into a burning building.

People call at 9:00pm and ask "Did I wake you?"

People no longer view you as a hypochondriac.

There is nothing left to learn the hard way.

Things you buy now won't wear out.

You can eat dinner at 4 pm.

You can live without sex but not without glasses.

You enjoy hearing about other people's operations.

You get into a heated argument about pension plans.

You have a party and the neighbours don't even realize it.

You no longer think of speed limits as a challenge.

You quit trying to hold your stomach in no matter who walks into the room.

You sing along with the elevator music.

Your eyes won't get much worse.

Your investment in health insurance is finally beginning to pay off.

Your joints are more accurate than the national weather service.

Your secrets are safe with your friends because they can't remember them either.

Your supply of brain cells is finally down to a manageable size.

**CAN YOU ADD TO THIS LIST FOR THE NEXT ISSUE?**



Newsletter of the Kingston  
U3A Inc.

**PRINT POST APPROVED**  
Publication No. 339119/00014

If undeliverable, please return to:  
Kingston U3A Inc.  
PO Box 5123  
Mordialloc,  
Victoria. 3195

May be opened for postal  
inspection

SURFACE  
MAIL

POSTAGE PAID  
AUSTRALIA

Supported by  
The Victorian  
Government

