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PLEASE EMAIL ALL NEWSLETTER ITEMS AT LEAST 7 DAYS BEFORE THE START OF THE MONTH TO:
erenstrom@optusnet.com.au

PRESIDENT'S REPORT

A big thank you to the members of the Mathematics of Games and Puzzles class. Between us we were able to donate \$100 to Medecins sans Frontieres – Doctors without Borders.

My final President's report for 2019 - where has the year gone? This year has been a big one for U3A Waverley: the first where we have had to hire off campus facilities to accommodate one of our classes (ballroom dancing which is the largest class we run with nearly 100 members spread over three levels), and the first when a number of our small classes have met in members' homes. If our membership continues to increase - as it has for every year since we have been at the Hub - then we will be faced with hiring more space off campus. This, of course, will have an impact on our finances which are finely balanced at the present moment.

I continue to be amazed at the selflessness of many of our members in assisting to keep U3A Waverley running smoothly. Some we see - tutors, office staff, committee members for example and some we don't. Members who collect the rolls, help set up the classrooms and clean up afterwards, buy the tea and coffee we all enjoy, wash the tea towels, bring produce from their gardens to share, compile this newsletter, maintain the audio visual and computer systems, etc. etc. etc. You are all appreciated.

On behalf of your Committee of Management may I wish you all a joyful and safe Christmas and may 2020 bring you all you need and, perhaps, a little of what you want.

Robert



2020 Enrolments Online & Office

Please note: Enrolments on line will be open on our website from 9:30am -on Tuesday 3 December and can also be arranged in person at Waverley U3A on Tuesday 3 December 9.30am to 4pm and Wednesday 4 December 9.30am to 12 noon. Enrolments cannot be taken before these dates. If you are enrolling in person paying by eftpos or credit card please have your PIN number ready.

U3A Christmas Shutdown

Our office will be unattended over the Christmas break, and the telephone answering service will be shut off. Please do not contact us by email as they will not be answered. We will be doing the same as you - having a well-deserved break and recharging ourselves, ready for an enjoyable and busy 2020. Thank you for your understanding

Exploring Science & Technology

Tuesdays 9.30 to 11.30am

4 February 2020

1. Sniffing out food fraud - *John Casey*
2. Murderous molecules - *John Casey*

11 February 2020

1. The transistor & its vital role in all electronic devices - *Bruce Brown*
2. Transmission upgrades to cope with renewable energy - *Graham Bennett*

18 February

1. Glen Waverley railway line - *Ian Jenkin*
2. Human Perceptions DVD Touch Temperature, vibration and pressure - *Robert Taylor*

25 February

1. Offshore pipelines - *Rahif Kattan*
2. Continued



Merry Christmas

Thank you to Office Volunteers

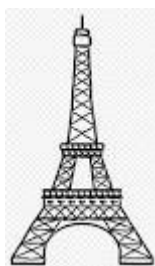
Thank you to our hard working office volunteers for their generosity in manning our U3A Office throughout 2019. A special thankyou to retiring office volunteers - Jo Burns and Rosemary Johnston - for their loyal service over a long period of time.

Spanish Courses to resume

Our Beginner and Intermediate Spanish courses will run again next year. This will be wonderful news for our current students wishing to continue. Following a period of ill health, our tutor Beatriz Varanelli perviously advised that she would most likely not return for 2020, but we are very pleased that she now feels confident to continue once again. Thank you Beatriz!



French Conversation Intermediate & Advanced to continue in 2020



Whilst Marie-Louise continues to make her recovery, Yvonne Loddo has agreed to continue leading the French Conversation classes on Thursday mornings next year. A big "Thank You" to Yvonne, and all good wishes to Marie-Louise for a speedy recovery.

Shakespeare Class has Finished

My engagement with Waverley U3A Tutoring Shakespeare has been very fulfilling during the three years of my engagement. I would like to thank the Admin volunteers for their friendly efficient support, especially the photocopying, an essential and continuing necessity for my Sessions and the room and facilities were exactly suitable for our needs.



Exploring the works of Shakespeare has been a collaborative effort and the old saying holds true, "by your pupils you'll be taught". A core group of students have been with the course from the beginning as we have grappled with approx. 90 % of the Shakespeare Canon. I have tried to make Shakespeare as accessible as possible, particularly for newcomers, who I hope have remained enthusiastic Shakespearians. It can be a life long passion.

It has been a great journey shared with dedicated and eager students. I will miss the camaraderie and fun we have shared. As the Bard said, "Parting is such sweet sorrow." **Pamela Tulen**

OPERATIONAL DATES EARLY 2020

Term	Starts	Ends	Public Holidays
1	3 Feb 2020	27 March	9 March - Labour Day
2	14 April	26 June	27 April - Anzac Holiday 8 June - Queens Birthday
3	13 July	18 Sept	

COURSE DATE CHANGES

The course dates advertised for MUSIC THEORY and BROADWAY MUSICALS have changed.

Music Theory Level 1

This will now commence on Mon 3 February and run weekly for Semester 1 only. Students will be required to purchase a course book "Master Your Theory Grade 1" by Dulcie Holland. This should be available at most music shops for \$20, however our tutor has advised that locally, Syndal Music at 13 Coleman Parade, Syndal will also have limited stock available.

Broadway Musicals

will now run fortnightly on the 1st, 3rd and 5th Friday commencing 7th February, and not 2nd and 4th Friday as previously advertised.



Piano/Keyboard Classes 2020

Members who are interested in attending Piano/Keyboard Classes in 2020 (other than existing class members) kindly leave your name and contact details at the office as the Tutor would like to get in touch with you to discuss your experience and knowledge of the instrument. Arrangements will then be made to test you before the commencement of classes next year.

Report Absence

The "**Report Absences**" function on our version of Umas has been switched off permanently. Although it seemed like a great idea at first, and we gave it another try after it was modified, it still doesn't fulfil our needs - there is no-one on the receiving end of your emails to enter your apologies!

So it's back to either notifying the office by phone or in person, or marking your absences in the attendance roll yourself if you know ahead. Thank you.

The U3A Recorder Ensemble - Lachrimae or Seaven Teares



In 1604, while still nominally employed by the King of Denmark, John Dowland published his "Lachrimae or Seaven Teares". This collection contains seven pavan fantasies on the same theme together with fourteen other works. Like many of his contemporaries, Dowland was keen to make his music accessible to the widest possible audience so, although "set for Lute, Violas or Violins in five parts", the range of each part is carefully restricted so that it lies within the compass of an appropriate member of the family of recorders. (All that is required is a simple transposition of one octave).

The U3A Waverley Recorder Ensemble specialises in the study of works by Renaissance composers. We have already spent time working on various Almands and Galliards from the Seaven Teares. In the next academic year, we shall attempt the study of the complete set of seven Lachrimae. To ensure that we can realise our policy of "two players per part", we seek to recruit a few more players who would be interested in joining us for this challenging project.

David (Knobby) CLARKE 0408793793 dawclarke@gmail.com

First Aid Applications

These are many free smartphone applications to help you in an emergency. Two good ones are Emergency+ and First Aid-Australian Red Cross. They should be downloaded onto your Apple or Android smart phone before you need to use them.

<i>Emergency</i>		This is useful in an emergency to contact emergency services. When you run the application it shows your address as well as latitude and longitude. It has big buttons to connect to Emergency, SES and Police. You can tell the operator your location shown on the screen to get emergency services help as quickly as possible.
<i>First Aid-Australian Red Cross</i>		This is a useful to deal with an emergency situation that needs first aid, prepare for emergencies, and also to learn/be tested about first aid. It has information including diagrams on many situations that may be encountered.

U3A Cycle Group

Hello there, we are members of the U3A Waverley cycling group and we navigate Melbourne's scenic bike paths weekly. Our city has a large number of well-riden tracks and beautiful river paths for us to use. Besides enjoying the company of our friendly cyclists whilst pedalling along the scenic rides, did you know cycling could be one of the best decisions you ever make? Some facts:-

Stanford University School of Medicine researchers asked sedentary insomnia sufferers to cycle for 20–30 minutes every other day. The result? The time required for the insomniacs to fall asleep was reduced by half, and sleep time increased by almost an hour.

Researchers from the University of Illinois found that a five percent improvement in cardio-respiratory fitness from cycling led to an improvement of up to 15 percent in mental tests.

According to research from the University of North Carolina, people who cycle for 30 minutes, five days a week take about half as many sick days as couch potatoes.

So there you have it – an enjoyable activity that also delivers a better you!

